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TUESDAY, APRIL 5, 2016

Questionable campaign donations kept quiet for legal reasons

By Gordon Lambie

Sherbrooke Mayor Bernard Sévigny was quick to respond on Monday morning to a report in that morning's edition of La Tribune that his party Renouveau Sherbrookoise, was the recipient of \$4,000 in illegal campaign contributions during the 2009 municipal election.

Sévigny said that the party was stunned when he was made aware of the situation in 2014 and immediately returned the funds to the municipal treasurer as outlined in the Act respecting Municipalities and Referendums in municipalities.

"We received a letter from the Director General of elections of Quebec on the 6 of May 2014 in which we were informed that there were four contributions of \$1,000 which were illegal or questionable," the Mayor explained.

Sévigny said that the party's executive debated whether to go public with the news at the time but ultimately decided not to based on the fact that Guité theoretically had the right to appeal his guilt.

CONT'D ON PAGE 5

More honours for Foresta Lumina



COURTESY

Coaticook Park Gorge Board member Jean-Yves Caron, and Director-General Caroline Sage were on hand in Anaheim to collect the prestigious Thea Award on behalf of Foresta Lumina on Saturday.

Record Staff

The Coaticook Gorge park's 'Foresta Lumina' attraction took home the prize for "interactive attraction of the year, limited budget." on Saturday at the 22nd edition of the Thea Award gala in Anaheim, California.

to receive the Thea Award on behalf of the interactive light/nature show that has revitalized tourism in the Coaticook Valley over the last two years.

The Thea Awards are recognized as the most prestigious in the world of themed attractions.

Foresta Lumina has attracted over 225 000 visitors since its inception in 2014.

The Coaticook Gorge Park is a non-profit organization hosting over 240,000 visitors annually making it a major player in the Eastern Townships tourist region. It offers guests outdoor activities for all seasons: hiking, camping, mountain and snow biking, horseback riding, snowshoeing, sledding, ice climbing to name a few.

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## Weather



**TODAY:**  
MIX OF SUN  
AND CLOUDS

HIGH OF -4  
LOW OF -16



**WEDNESDAY:**  
SUNNY

HIGH OF -5  
LOW OF -18



**THURSDAY:**  
SNOW

HIGH OF 0  
LOW OF -3



**FRIDAY:**  
SNOW OR  
RAIN

HIGH OF 9  
LOW OF 4



**SATURDAY:**  
RAIN

HIGH OF 6  
LOW OF -8

# Kindness



DISHPAN HANDS

SHEILA QUINN

**K**indness, sometimes, comes unexpectedly. Loving gestures appear, rather than being divined or waited on.

Some of you may remember how this column started in the first place. In the summer of 2008, Jen Young came on as editor of *The Record*. A phone call during the weekend that preceded her Monday start left me feeling excited, puzzled, honoured – it was one of those moments – not a gesture of kindness per se, but a surprise offer. She wanted me to be part of her writing staff – it was like being picked in gym class, unexpectedly part of a winning team.

She had spotted me due to a piece I had written about my son Angus, who was four years old at the time. I sent a letter to the editor updating *The Record* readership about a boy who was Baby New Year of 2003. That letter was published as ‘special to *The Record*’ rather than the customary letter to the editor. I was thrilled.

When Jen asked if I would join the team and write on a regular basis, I threw on my pinny and got to typing. Off the bench I went.

Over the years, Dishpan Hands has been a gift to a girl who has always loved to write.

In a way, the challenges of raising a child with Autism led down a strange path to the opportunity to write on a weekly basis.

As Matthew McCully reported after a visit to our home several weeks ago (thank you Matthew), that very boy of mine inspired writing on my part again, a metaphorical journey I shared with the internet (I don’t know how long I sat with my finger over the button that would publish that work, knowing I had

to say something, but knowing it would be construed, misconstrued, discommodulated and twisted out of shape, and then clicked it anyway).

I wrote about how our family was drowning in the ocean of the need for, and lack of services to help him. We aren’t alone in this need, in many realms. The systems need change, yet they’re rigid and closed in many ways. The systems are protected and fortified, even when they’re failing. The people inside the systems are struggling too. The families, individuals and clientele who use them often are not as fortified though – we are tired and that kind of change takes a great deal of energy.

In one felled email my son’s school (announcing his expulsion) landed us square in the ditch of the road less traveled. Now, I’m a Star Trek fan, so I’m not afraid of ‘strange new worlds’ or ‘new life and new civilizations’. I’m just feeling a little tired of boldly going, and this is the biggest, most unpredictable and unfamiliar climb we’ve ever faced.

This is more challenging than when he was diagnosed. When he was diagnosed, we were accepting the truth about our situation and moving forward through services that were available to us. Now, this is no man’s land. No woman’s or child’s land for that matter.

But, silver linings are real, and that is what this column today is really about.

When I wrote, I used a metaphor related to my child’s love of Disney. His biggest interest, life’s force and passion is largely liked to a series of well-loved animated characters. We spend our time with Toy Story and Tarzan, Cars, Peter Pan, Pocahontas, Beauty and the Beast, The Little Mermaid, Lilo and Stitch, and most of all, Finding Nemo. You name them, he knows them.

In the letter that I posted, I basically wrote about how we couldn’t even dream any more. We are at the mercy of the broken systems. We fell through the cracks.

I’m familiar with roads less traveled, but not this kind of terrain. This feels like that forest that grows up in the story of Sleeping Beauty. Lots of thorns. Our swords feel rusty.

What happened next was one of those unexpected kindness moments.

Growing up in the heart of Richmond, on the streets that surrounded St. Francis Elementary School and Richmond Regional High School, we were quite a formidable gang growing up. As

time has worn on, we may not spend time together, other than the occasional virtual shared sorrow or laugh, but we will always be there for each other.

Two of those childhood friends, Paul and Karla Appelblom started a GoFundMe campaign with the goal of sending our family to Disney World. We were overwhelmed and humbled at their generosity. That is the real kind of ‘boldly going’ that we need in this world – boldly dreaming, boldly loving, boldly defending.

A week or so in, after a lot of I wrote to thank them again, and asked if we could divert the funds into a communications system for Angus, because at the bottom of a great deal of our struggle lies my child’s frustration with not being able to express himself in a way that the world understands. I can’t imagine what that must be like. He is infinitely more patient than I could ever be in such circumstances.

The friends agreed, and now we have a sum, donated by friends, relatives, acquaintances, some even anonymously, near and far, that will possibly help to buy Angus the voice that will give him some kind of standing in our strange systems. Unfortunately, this last system was not really listening, and I feel sorry for them for that. It feels like they just gave up and blocked their ears, closed their eyes and hoped that he would just go away; and us with him.

This program, called Gemiini, is available online, and our plan is to pay to fund most of a year’s worth of it for Angus and another of his little friends.

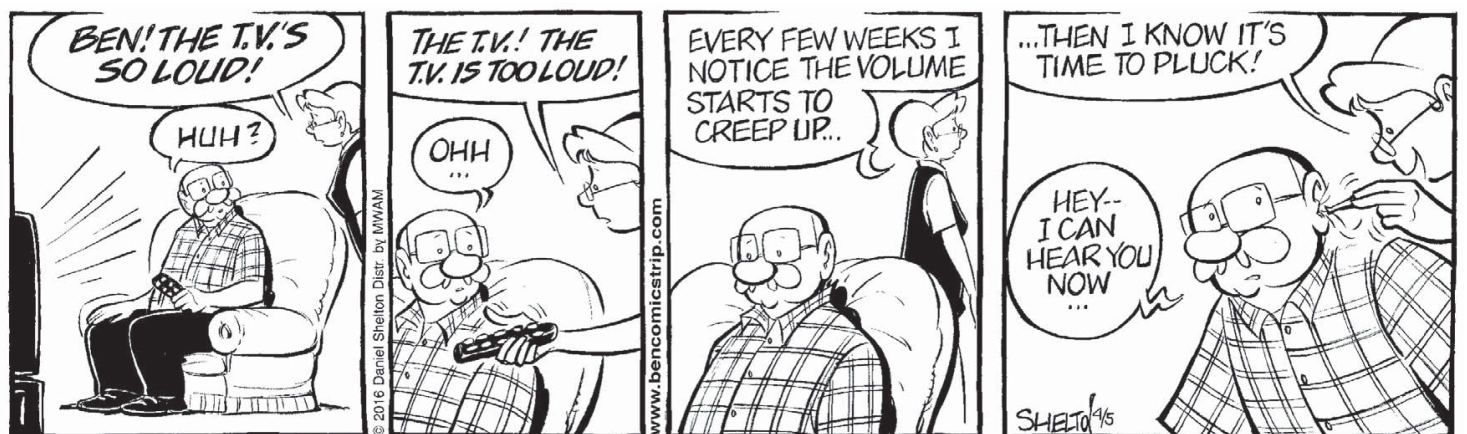
It was as though the ‘Hood that we grew up in was alive again – it blazed into life right before our eyes, and it cut a path through to somewhere. We don’t know where it leads yet, but they didn’t give up on us, and have given a gift of kindness that really can’t be repaid.

Paul and Karla came out in shining armour and just blew a trail right through that underbrush.

We are by no means out of the woods yet, but we’re building community in here. We know we’re not alone, and if you are struggling too, reach out and find us. Townshippers look after one another.

Thank you Paul and Karla Appelblom, for being brave enough to face the woods with us. The road less traveled is much more easily navigated when you’re among friends.

## Ben by Daniel Shelton



# LOCAL NEWS

*"It's a lot of work," Sangster-Butler said, regarding the training regiment to prepare for a competition*

## Townshipper taking fitness up a notch

By Matthew McCully

This past weekend in Toronto, Sherbrooke resident Christina Sangster-Butler won second place in two categories at Serious About Fitness (SAF), a national fitness competition.

"It's just one of those things you do for yourself," Sangster-Butler said.

Downplaying her accomplishments, Sangster-Butler, at 27-years-old, has consistently placed well since she started participating in fitness competitions, even continuing her momentum while having two children.

"At first, I just wanted to learn how to go to the gym," Sangster-Butler said. "I was the type that would get a gym membership but be too intimidated to go into the weight room."

She began training with Allison Ethier, who had been Sangster-Butler's math teacher at Alexander Galt High School, turned personal trainer. "She was in that world and that culture," Sangster-Butler said, explaining that Ethier is International Federation of Bodybuilding (IFBB) certified.

"I had no idea what it was or what it took to compete," she said.

Eventually, Sangster-Butler decided to get serious, but became pregnant in the midst of her training.

She entered her first competition when her daughter was 9-months-old.

"I placed better than I thought I would," she said, which gave her the fitness bug. The following fall, Sangster-Butler entered another competition and placed fourth.

"I worked hard. My goal was to make the top 5," she said, pleased with her result.

"Then I got pregnant again," she laughed.

She trained again after the birth of her second daughter, and with a toddler

and an 11-month old, she placed fourth.

For her most recent SAF competition, Sangster-Butler said she had way more time to work on the recommendations made by judges at previous competitions.

"I'm very happy with the progress I've made."

"It's a lot of work," Sangster-Butler said, regarding the training regiment to prepare for a competition. "Going to the gym is easy. Preparing a meal plan and staying consistent while life is going on around you is the hard part," she said.

"I didn't have an Easter this year," she said. While the rest of the family indulged in holiday favourites, Sangster-Butler stuck to her chicken and asparagus.

Competition prep can take up to 16 weeks on a strict meal and fitness regiment, Sangster-Butler said. For her most recent competition, she was able to get ready in 10 weeks, her fastest prep to date.

"It takes a lot of head space and focus. Your days have to fall into place very well," she said.

"If I didn't have such a good support system, I don't think the prep would have been as healthy. It's easy to get overwhelmed if you don't have people backing you."

Sangster-Butler is in the middle of a move these days, raising her two children, and helping her husband on the family's dairy farm, so despite the support she has received, she has no plans to compete in the upcoming June SAF competition. "It's a lot to ask of your family. I don't want to inconvenience them," she said, not ruling out future events when life is a bit more stable.

Allison Ethier, who trains Sangster-Butler, agreed it is not a good idea to burn the candle at both ends.

"This is a set period of time for her to

prepare and have her moment," Ethier said, adding that it is her job to help guide her through the preparation in the healthiest way possible.

"You can't do it alone," Ethier said.

Ethier has been competing for the past 16 years, balancing her own training schedule with a 10-year-old son and a newborn.

Sangster-Butler said that Ethier was at the gym five days after her youngest was born to help her work on her poses, a tes-

tament to her dedication as a coach.

"I'm surrounded by supermoms," Sangster-Butler said, pointing out that she has a neighbour with four children who will be entering a June fitness competition.

"If you're around likeminded women, you lift each other up, and inspire and motivate each other."

"I feel a bit spoiled," Sangster-Butler said, to have so much support from her family and network of friends.



COURTESY

Christina Sangster-Butler divides her time raising two kids, inseminating cows on her family's dairy farm and competing in fitness competitions. She recently placed 2nd in two categories at the Serious About Fitness spring competition in Toronto.

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### CONFERENCE IN RICHMOND

#### The pre-arrangements *(conference in English)*

Thursday, April 7, 2016

Please be there at 1:45 p.m., starts at 2 p.m.

The Coopérative Funéraire de l'Estrie informs you of the various aspects of the pre-arrangements.

Here is a list of the discussions:

- Legal history and aspects
- Incentives to make pre-arrangements
- Impacts upon a death
- The outlining of a personalized ritual plan
- What discretion to leave to the family upon the death

An opportunity to learn more about the global dynamics of pre-arrangements



Speaker:  
François Fouquet

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Wednesday, April 13, 2016 at 7 p.m.  
3006 College St., Sherbrooke (Lennoxville)

- Difference between Power of Attorney and Banking Power of Attorney
- What is a mandate in case of incapacity?
- What is a living will?
- When does a mandate in case of incapacity come into effect?

There will be a question period to follow.

Reservations: 819-564-1750



Speakers for the evening:  
Veronique Hastir and  
Robert Downey

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# School Page

## Sutton Elementary

Throughout the winter at Sutton Elementary School we have been focusing on finding creative ways to engage our students in academics, arts and culture and a healthy lifestyle. We do this both in class as well as through school wide initiatives. All grades from kindergarten to grade 6 participate in cooking workshops with Karine Aubut where students learn about the foods they are making, the ingredients involved and the benefits of a well balanced diet based on Canada's Food Guide. Students have three workshops spaced throughout the year.

This year our school was very lucky to be able to participate in a daylong activ-

ity of painting on silk. This was made possible with artist Sylvie Bernadette Laporte, who presented her technique through an interactive story telling experience. Each student was given his or her own frame with silk and was able to apply gutta to outline their designs and then fill in their drawings with a dye. The finished products now decorate our walls but from April 14- April 24 our school's work will be on display at the Galerie Arts Sutton.

Our grade 2 class is just finishing up a unit on the ocean where they learned about different marine animals including the octopus, great white shark and dolphins. This cross-curricular unit cov-

ered Language Arts, Science and Math. The class was very engaged in the explorative learning process and was excited to share their new knowledge.

Our grade 3/4 class has been busy working on their writing skills. They have created narratives from the point of view of their favorite stuffed toy. Below you can find a sample of one child's story.

In our grade 5/6 Social Studies unit we

have been combining Canadian history and local history together through a unit on the railway. We have examined local archival photographs to look at the impact that the railway had on Sutton and we have compared this to the railway that was being built across Canada. Students are benefiting by learning their history curriculum as well as seeing tangible ways that history has affected their community.

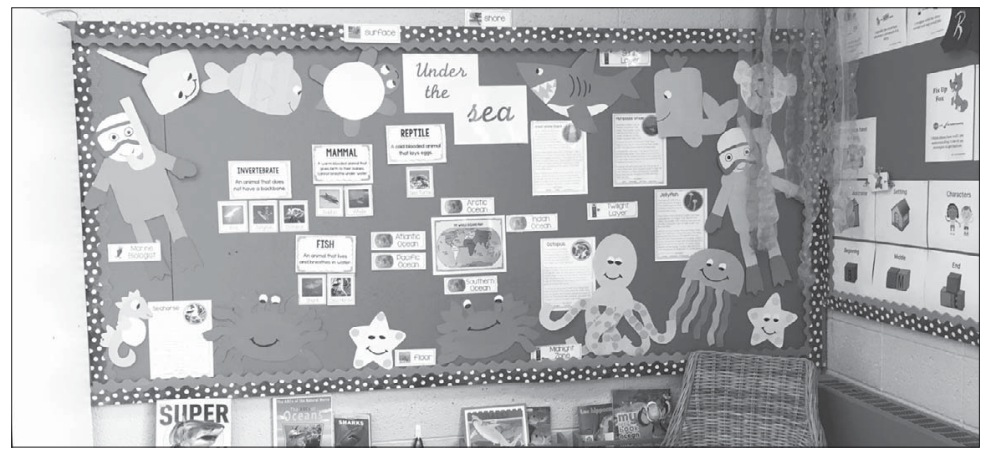


All grades from Kindergarten to grade 6 did a workshop on healthy eating with Karine Aubut.



PHOTOS COURTESY OF SUTTON ELEMENTARY

Sutton Elementary's paintings on silk displayed in the window



The grade 2 class had the opportunity to learn about the Ocean, what they learned is displayed here

## One Minion, One Boy

By Noah Veillette  
Grade 4, Sutton Elementary School

friends.

"What should I take, mom?" asked the little boy.

"It is your choice, Noah," said the mother of the boy named Noah. Noah then spotted me.

I felt happy like he was going to pick me.

I felt like this was the day I was looking for.

But then the boy left the toys' section!

I was devastated.

I knew no one wanted a smarty pants like me. But then the little boy came rushing back and grabbed me and showed his mom.

I felt so wanted. I loved this feeling.

"I want Kevin, mom. He is my favorite minion of all. I will buy him with my own money," said he boy.

"Are you sure, Noah?" said Noah's mother.

"Yes mom please," said Noah.

"All right then," said Noah's mom.

Noah bought me. I felt so happy and Noah felt very excited but not as excited and happy as me, of course. That was the day I got an owner and I will never forget it. That will always be the best moment of my life.

THE END

It was loud at the store. Everybody was walking around the store in such a rush to get food. Of course the kids came to the toys section. But they barely noticed a stuffed toy in the background. That was me, Kevin, the minion. All the kids in the store would rush to the toys section and grab dolls, cars and action figures.

I always thought no one would want me because in the movies I am known as the smarty pants minion out of 5000 minions.

I was afraid that I would never find an owner who cared about me. All the kids left with something they wanted. Almost all of the toys were gone. I was still there alone with a few other toys. But then at that very moment I heard someone approaching the toys' section. A little boy looked around the toys' section.

The boy had brown hair and brown eyes.

He looked confused. I was trying to hold it in but really I was excited.

"This is the moment!" I kept thinking to myself. I looked at the little boy and saw that we could be the best of

# Poetry Party celebrates Poetry Month

By Rachel Garber, UUEstrie

It's April, and Angela Leuck wishes all of us "Happy Poetry Month!" She's putting her wish into action by offering a Poetry Party on Sunday afternoon, April 10, in North Hatley.

That's a Renga party, to be precise. Renga is a traditional Japanese-inspired collective poem where everyone gets an opportunity to write one of the 18 short, haiku-like verses of the finished work. "This is a great way to learn more about haiku and have fun writing creatively with friends," Leuck said.

Everyone is welcome - poets, secret poets and lovers of poetry alike. The party will begin at 1:30 p.m., with a hearty soup and salad, and then haiku poet Angela Leuck will guide participants through the writing of a Renga. It

is in Stoddard Hall (downstairs level) of UUEstrie, 201 Main Street. In all, the writing session could last two or three hours - writing and sharing the short poems. They're usually about three lines in length - short enough to say in one breath.

Leuck is an award-winning haiku poet. Her work has been published in journals and anthologies around the world. Two of many books she has written or edited are Garden Meditations and A Cicada in the Cosmos. Her poems were even included in Haiku Journey, a video game by Hot Lava Games. She has given many readings, workshops and talks over the past decade. She currently resides in Hatley.

Admission to the April 10th Poetry Party is free and open to the public, but

participants are requested to register by phoning 819-842-4146 and leaving their name and phone number. This will permit the organizers to plan the space and the food. Space is limited. A free-will donation will be accepted at the door towards expenses. For more information, see [www.uuestrie.ca](http://www.uuestrie.ca), or the Facebook page, UU Estrie.

The theme of the 2016 National Poetry Month is "roads", and it is celebrated in many ways. For example, April 21st is designated "Poetry in your Pocket" day. The League of Canadian Poets asks individuals to celebrate by selecting a poem, carrying it with them, and sharing it with others throughout the day, wherever you are. Before then, visit [poets.ca/pocketpoems](http://poets.ca/pocketpoems) to see how to get involved.



COURTESY ANGELA LEUCK

Haiku poet Angela Leuck.

## NORTHERN REFLECTION

By Jonathan Baillargeon

Spending three months in Wemindji during winter meant that we saw an endless number of people riding skidoos. They are everywhere because it is the best means of transportation for someone who wants to discover the region. There is only one road that allows people to get into the community and almost everything in town is within easy walking distance. We didn't use our car so much, but we never had a chance to go on a skidoo ride until last weekend.

The trip we experienced on Easter Monday was worth the wait.

We left Wemindji around 10:30 am with six other people. David, his son, his wife Katherine and a girl from Ireland named Gioia were riding together. George, who is an Inuit who has been living in Wemindji for more than 20 years, had Roxanne, the children and Christine, a colleague from Bishop's, in his sled. I was riding the skidoo of one my colleagues from the school.

It was sunny and warm; the day couldn't have been better for a trip. The plan was to go all the way to James Bay and then to have a lunch by the river on our way back. It was a smooth drive that allowed us to enjoy the beauties of the wild. Our main route was the Maquatua River and we saw a lot of people going to the woods. Many people spend the weekend at their cabin hunting and fishing. There was almost more traffic on the

river than there was in town. But as we got closer to the bay we began to be alone surrounded by abandoned fishermen cabins, caribou, wolf tracks and seals. Then, after one hour, we got to the bay which stretched as far as the eye could see. The temperature dropped significantly and the wind started to blow. But the scenery was amazing. I just stood there with my mouth open while David and George were looking for flat rocks to cook our lunch on. Nellie had a great time walking all over the place and Adam was sleeping. Actually he slept almost the entire time.

Around 12:30 pm, we needed to find a spot for lunch. So, we headed back and found a sunny rocky area. The wind stopped blowing and it was so warm that we could take our jackets off. George started a fire, built a stove from the rocks he had chosen earlier, and cooked the meat directly on them. It took about 30 minutes for the rocks to heat up, but after it was just like a BBQ. The moose, pork and sausages we had were perfectly cooked. So, we spent an hour enjoying the sun, eating, drinking tea and talking about the life in Wemindji. When we left for home Nellie wanted to ride with me. I let her jump on my skidoo and I gently rode back with her. I could tell she had a blast. She was singing songs, looking everywhere and asking me to go faster.

We got back home around 3:30 pm. Nellie fell asleep and Roxanne and I started to imagine ourselves living this

life for a while, maybe two or three years. We love the outdoor and Wemindji offers the possibility to enjoy it on a daily basis. Unfortunately, as you are reading this, we are probably somewhere between Matagami and Montreal.

We left behind us a charming community and we don't know yet if we will ever come back. However, if we don't, we will cherish many everlasting memories for a long time.



The stove made of rock



Nellie, Roxanne and Christine in their sled

## Questionable campaign

CONT'D FROM PAGE 1

If Guité had been found innocent, the Mayor continued, then the party's public declaration could have opened them up to legal action for defamation.

"We asked whether or not we should make the information public right away," Sévigny said. "We had a good discussion, and we decided not to."

The mayor said that all of the members of Renouveau Sherbrookois were made aware of the repayment of the illegal donations and the reasons behind it when the party released its annual financial statements later that year.

Asked about the accountability of

campaign donations, Sévigny set his stance on two arguments. First, he pointed out that a political party does not have the resources to investigate every significant donation that comes their way and second, he pointed out that the rules regarding campaign donations have been tightened significantly since the 2009 election, making it unlikely that such inappropriate donations will be made again. He also highlighted the fact that the individual at fault in this case is also known to have made similar illegal contributions in other municipalities across the province.

"We don't have precise information," the mayor said, "what we do know is

that this was not a unique situation."

Sévigny speculated that the donations represented an attempt by the individual to curry favour with different municipalities for preferential treatment later on, though he added that the process by which the city treats calls for tenders is so closely controlled that it is unlikely

Sévigny did not deny that illegal contributions could be made again but said that with the increase in oversight and the tightening of the rules that has taken place since 2013, he would be very surprised. In 2009, the party received 297 contributions of more than \$100 for a total of roughly \$50,000. The party

leader said that they have not looked into donations from the 2013 municipal election.

"I don't think it would be reproducible," the Mayor said. "The DGEQ goes over everything with a fine toothed comb."

According to the DGEQ the limit for donations to political parties or candidates has been limited to \$300 since May of 2013. Those making donations are now also required to list their employers on the receipts issued by parties at the time of donation as an added measure of accountability.

# EDITORIAL

Despite the many benefits of geothermal, Canada is the only "Pacific Ring of Fire" country that doesn't use it for commercial-scale energy.

## Geothermal:

### Tapping Earth's abundant energy

By David Suzuki

In the midst of controversy over B.C.'s Peace River Site C dam project, the Canadian Geothermal Energy Association released a study showing the province could get the same amount of energy more affordably from geothermal sources for about half the construction costs. Unlike Site C, geothermal wouldn't require massive transmission upgrades, would be less environmentally disruptive and would create more jobs throughout the province rather than just in one area.

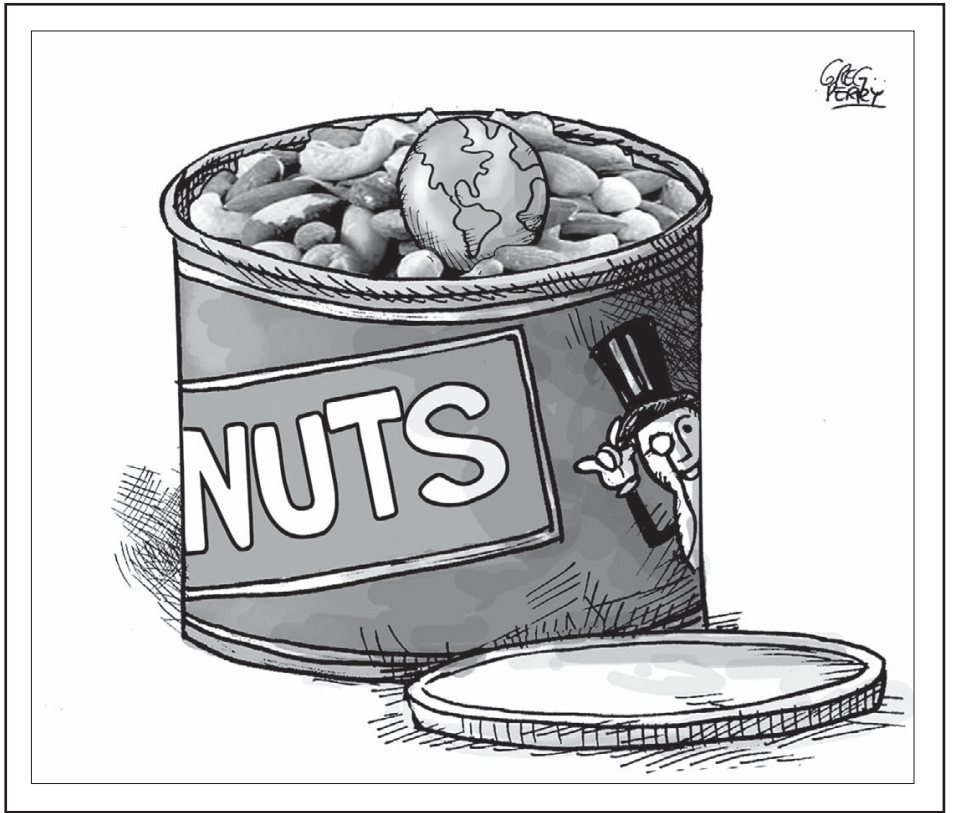
Despite the many benefits of geothermal, Canada is the only "Pacific Ring of Fire" country that doesn't use it for commercial-scale energy. According to Desmog Blog, "New Zealand, Indonesia, the Philippines, the United States and Mexico all have commercial geothermal plants." Iceland heats up to 90 per cent of its homes, and supplies 25 per cent of its electricity, with geothermal.

Geothermal energy is generated by heat from Earth's rocks, liquids and steam. It can come from shallow ground, where the temperature is a steady 10 to 16 C, hot water and rocks deeper in the ground, or possibly very hot molten rock (magma) deep below Earth's surface. As with clean-energy sources like solar, geothermal energy systems vary, from those that use hot water from the ground directly to heat buildings, green-

houses and water, to those that pump underground hot water or steam to drive turbines. The David Suzuki Foundation's Vancouver and Montreal offices use geothermal.

According to National Geographic, geothermal power plants use three methods to produce electricity: dry steam, flash steam and binary cycle. Dry steam uses steam from fractures in the ground. "Flash plants pull deep, high-pressure hot water into cooler, low-pressure water," which creates steam. In binary plants, which produce no greenhouse gas emissions and will likely become dominant, "hot water is passed by a secondary fluid with a much lower boiling point," which turns the secondary fluid into vapour.

Unlike wind and solar, geothermal provides steady energy and can serve as a more cost-effective and less environmentally damaging form of baseload power than fossil fuels or nuclear. It's not entirely without environmental impacts, but most are minor and can be overcome with good planning and siting. Geothermal fluids can contain gases and heavy metals, but most new systems recycle them back into the ground. Operations should also be located to avoid mixing geothermal liquids with groundwater and to eliminate impacts on nearby natural features like hot springs. Some geothermal plants can produce small amounts of CO2, but binary sys-



tems are emissions-free. In some cases, resources that provide heat can become depleted over time.

Although geothermal potential has been constrained by the need to locate operations in areas with high volcanic activity, geysers or hot springs, new developments are making it more widely viable. One controversial method being tested is similar to "fracking" for oil and gas. Water is injected into a well with enough pressure to break rock and re-

lease heat to produce hot water and steam to generate power through a turbine or binary system.

Researchers have also been studying urban "heat islands" as sources of geothermal energy. Urban areas are warmer than their rural surroundings, both above and below ground, because of the effects of buildings, basements and sewage and water systems.

CONT'D ON PAGE 7

## Make America Grate Again!

DEAR EDITOR:

Discouraged as I am about this year's presidential wannabe sweepstakes, I have formed an exploratory committee to help me determine whether to launch my own write-in campaign. And by the way, as with every other "exploratory" committee, there's nothing to explore. I'm already in! And by the way I need your support to make America grate again. Never mind my Canadian birth certificate. It's forged. Right? Am I right?

Here's my campaign launch declaration. There is one, and only one, rationale behind my presidential campaign and that is that America is a terrible place. Really terrible. So, so terrible.

We're gonna make America grate again! Believe me!

We're losing everywhere because we are led by stupid people. Very stupid people. So, so stupid! Well, that's not gonna happen anymore because I'm smart. Really smart. Really, really smart, believe me! I have an uncle who was an MIT professor. So, so brilliant. Nice guy. Really terrific guy with a hot wife and beautiful family. Very, very hot and so, so beautiful. Great kids! But Melania's hotter. And by the way, we're gonna win. We're gonna win so, so much that we're gonna get tired of winning! It's gonna be huge. Right now we're losing. We're losing because losers are ruining our country. It's not gonna happen anymore. We're not

gonna lose anymore. We're gonna make America grate again! Right? Am I right?

And by the way, we're gonna build a wall. It's gonna be a beautiful wall. Very high. Huge! So high. So beautiful! So, so high that you're not gonna be able to fly over it. And who's gonna pay for the wall? Canada's gonna pay for it. Believe me, Canada ... is ... gonna ... pay ... for ... the ... wall! Ten hundred billion thousand dollars. But it's gonna have a door. Huge door. Beautiful door. So, so beautiful, believe me. An open door so Canadians can come in, but legally! LEE-GALL-EEE!! They're not gonna come in here until we find out what's going on!

And by the way, Canadians? Canada is sending us their worst. They're child molesters. They're felons. They're murderers. I assume some are good people, but the rest are disgusting. They're scum! They're flooding into our country. I love Canadians. I love the UNEDUCATED Canadians. Nobody respects Canadians more than I do. I'm gonna buy a farm in Canada! We don't have a country anymore! No borders. I'd like to punch Canadians in the face when they try sneaking through the door of my beautiful, high wall. So high. So, high and so beautiful like you wouldn't believe. Believe me! Right? Am I right?

And by the way, people are gonna start saying "Merry Christmas" again and we might nuke Europe, Japan, Korea and Saudi Arabia should pay for their own

nuke. So should Europe because NATO's obsolete! Believe me, we're gonna make NATO pay and we're gonna nuke ISIS. But maybe not. We're not gonna say because we want people to think we MIGHT nuke them but we might not if they're very nice to me. Very nice. We're not gonna take any cards off the table. Right? Am I right?

And we might nuke women who have abortions. Well, maybe not nuke them but punish them and nuke their doctors. And by the way, they'll get mad. Believe me! The women and the doctors. Really mad. Really, really mad. So, so mad that they'll never ever vote for me... Right? Am I right?

But seriously, women love me. So do the Canadians. I love the Canadians and the women. I love Canadian women. I hire Canadian women for my great company. Zero debt. Best in the world. Great balance sheet! Net worth in the billions. And by the way I make deals with Muslims. Believe me. Muslims love me. I ... love ... the ... Muslims. Nobody respects the Muslims more than I do. So much. So, so much I'm gonna become Muslim. I build golf courses in Qatar. Beautiful golf courses. Golf courses with beautiful doors. So, so beautiful! People are saying. They're saying "We're gonna make America grate again!" Right? Am I right?

VOTE FOR "THE JOHN" IN 2016!

John Lebaron, formerly from Sherbrooke

### THE RECORD

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#### PRINT SUBSCRIPTIONS

QUEBEC:		GST	PST	TOTAL
1 YEAR	135.60	6.78	13.53	\$155.91
6 MONTHS	71.19	3.56	7.10	\$81.85
3 MONTHS	36.16	1.81	3.60	\$41.57

#### ON-LINE SUBSCRIPTIONS

QUEBEC:		GST	PST	TOTAL
1 YEAR	71.50	3.58	7.13	\$82.21
1 MONTH	6.49	0.32	0.65	\$7.46

Rates for out of Quebec and 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 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

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

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# Local Sports

"It's almost a Zen-like attitude," he said. "It's not about blood in the water and having to attack these things. It's just trusting in yourself that you've done the work and I know I have."

## Canadian swimmer Ryan Cochrane no longer searching for perfection in the pool

By Gregory Strong  
THE CANADIAN PRESS

Canadian swimmer Ryan Cochrane admits that in the past he might have been searching for a level of perfection that wasn't there.

He won bronze at the 2008 Beijing Games and added silver four years later in London. Cochrane is using a new approach this season as he tries to finally get to the top step of the Olympic podium.

"It's almost a Zen-like attitude," he said. "It's not about blood in the water and having to attack these things. It's just trusting in yourself that you've done the work and I know I have."

Cochrane has reached the podium eight times (four silver, four bronze) at the world championships - a Canadian record. He has won gold at the Commonwealth Games, Pan Pacific Games and the Pan Am Games but world and Olympic titles have remained elusive.

"In 2012, I felt like I was talking myself into being able to win," Cochrane said. "In the back of my mind, I was just a little too far off of probably being able to do that. This time around, I've surprised myself that at 27 years old I'm still getting best times in practice."

"Ten years on, to still be progressing, I think is a best-case scenario obviously."

It really I think can only mean good things for Rio."

First up is this week's Olympic Trials at the Toronto Pan Am Sports Centre. Cochrane won gold here last summer in the 1,500-metre freestyle and the 400 free.

"We know that this is a necessary step to make the team," he said. "We have a chance to put up times that are hopefully the best in the world now and then go back to work for a couple months."

This will likely be the last Olympics for the Victoria swimmer. He made his international debut with the senior team a decade ago.

"I know how badly he wants that Olympic gold," said friend and teammate Hilary Caldwell. "But he's been in the top two or three in the world for eight or nine years now. That's pretty incredible."

The six-foot-three Cochrane appeared loose and relaxed after a one-hour training session Monday morning.

"My self-belief has kind of wavered in previous years because I got second so many times that you start to create a little bit of self doubt - 'Is first place possible?'" he said. "But I think this year I've just been excited to live in the moment and appreciate this opportunity to go to another Olympic Games."

Other top swimmers to watch this week include Caldwell and West Vancouver's Emily Overholt. Caldwell, from Victoria, won world bronze in the 200-metre backstroke in 2013 while Overholt finished third in the 400 IM at last year's world championship.

Aurelie Rivard and Benoit Huot headline the list of competitors in the para-swimming trials. Rivard won six gold medals at the Parapan Am Games last year while Huot is a 19-time Paralympic medallist.

Cochrane, meanwhile, has been able to focus more on his swimming since completing his psychology degree at the University of Victoria in 2014.

His training routine has changed as well. He has been working with coach Ryan Mallette since the passing of long-time coach Randy Bennett a year ago.

"The upside to this year is he's really taken control of what he believes we should be doing," Cochrane said. "I think it's not going against all the work we've done in the past but it's exciting to think he brings something new to the

table. We need him to be as passionate and trusting in the work that we're doing as we are."

"I think he's really done that this year."

Mallette, who coached in Montreal before spending three years working with Bennett as a talent development coach, said he has tinkered with Cochrane's workload this season.

"We did more volume than he's done

in a long time," he said. "We swam more metres, we swam harder with longer workouts than we have in a long time and we really feel it's going to pay off."

"He's more confident than I've seen him in a while and he's just excited to race and see where we are right now."

Competition begins Tuesday and continues through Sunday. The Rio Games begin Aug. 5.

## Canada beats Scotland, Japan, sits alone in first at men's world curling championship

The Canadian Press

Canada remains unbeaten at the men's world curling championship after posting a pair of wins today.

Kevin Koe's Calgary-based rink improved to 5-0 with a comfortable 9-2 win over Japan in the late draw.

The Canadians blew the match open with a steal of five in the fourth end.

Earlier, Canada defeated Scotland 5-3 in the 100th men's world champi-

onship meeting between the longtime rivals.

Canada is alone in first after eight draws.

Norway and defending champion Sweden are a game back at 4-1.

*Pictured here is Canada's skip Kevin Koe competes in a round robin match between Scotland and Canada at the men's curling World Championships in the St. Jakobshalle in Basel, Switzerland, Monday, April 4, 2016*



CANADIAN PRESS

Ryan Cochrane of Canada poses with his gold medal for the men's 1500 meter freestyle swimming event at the Pan Am Games Saturday, July 18, 2015



CANADIAN PRESS

## Geothermal

CONT'D FROM PAGE 6

Geothermal pumps could make the underground energy available to heat buildings in winter and cool them in summer.

New methods of getting energy from the ground could also give geothermal a boost. Entrepreneur Manoj Bhargava is working with researchers to bring heat to the surface using graphene cords

rather than steam or hot water. Graphene is stronger than steel and conducts heat well. Bhargava says the technology would be simple to develop and could be integrated with existing power grids.

Unfortunately, geothermal hasn't received the same level of government support as other sources of energy, including fossil fuels and nuclear. That's partly because upfront costs are high

and, as with oil and gas exploration, geothermal sources aren't always located where developers hope they'll be. As Desmog notes, resources are often found in areas that already have access to inexpensive hydro power.

Rapid advancements in renewable energy and power-grid technologies could put the world on track to a mix of clean sources fairly quickly — which is absolutely necessary to curtail global

warming. Geothermal energy should be part of that mix.

*David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor Ian Hanington.*

Learn more at [www.davidsuzuki.org](http://www.davidsuzuki.org).

# Datebook

**TUESDAY, APRIL 5, 2016**

Today is the 96th day of 2016 and the 17th day of spring.

**TODAY'S HISTORY:** In 1792, George Washington cast the first presidential veto, striking down a bill that concerned representative apportionment among the states.

In 1933, President Franklin D. Roosevelt issued an executive order establishing the Civilian Conservation Corps.

In 1955, Winston Churchill resigned as prime minister of Great Britain due to failing health.

In 2010, an explosion at the Upper Big Branch coal mine in West Virginia killed 29 miners.

**TODAY'S BIRTHDAYS:** Thomas Hobbes (1588-1679), philosopher; Booker T. Washington (1856-1915), writer/educator; Spencer Tracy (1900-1967), actor; Bette Davis (1908-1989), actress; Gregory Peck (1916-2003), actor; Colin Powell (1937- ), U.S. Army general/diplomat; Mitch Pileggi (1952- ), actor; Pharrell Williams (1973- ), rapper/producer; Hayley Atwell (1982- ), actress.

**TODAY'S FACT:** Easter Island, located

in the southeastern Pacific Ocean, was given its name by its first recorded European visitor, Dutch explorer Jacob Roggeveen, who first encountered it on Easter Sunday, on this day in 1722.

**TODAY'S SPORTS:** In 1984, Kareem Abdul-Jabbar of the Los Angeles Lakers scored his 31,420th career point, breaking the NBA's all-time scoring record.

**TODAY'S QUOTE:** "I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed." —

Booker T. Washington, "Up From Slavery"

**TODAY'S NUMBER:** 2.43 — length (in miles) of the Akashi Kaikyo Bridge, linking the city of Kobe to Awaji Island in Japan. The bridge, which has the longest main span of any suspension bridge in the world, opened to traffic on this day in 1998.

**TODAY'S MOON:** Between last quarter moon (March 31) and new moon (April 7).

## Odd Fellow and Rebekah News

This has been a very busy time for both branches of the Order. Installation of Officers takes place in October. First off although was GM Arnold's and President Ernestine's visit to Maine Sessions, Oct. 16 & 17.

There was a lovely Banquet Fri. night Oct 16. During this meal several Mainers spoke of their Home and several projects. Saturday morning all visitors were welcomed and as they were entering the Meeting Room they were escorted up through an Honour Guard to the front of President; given "the Honours"; then to Secretary's desk and then seated. All the various Jurisdictions's represented were given a chance to greet the President of Maine and exchange gifts. There was an Exchange Table laden with hand-made articles and other goodies. We selected many articles.

A grand time and after saying so long time to head home, and it was a fine trip.

On Oct.13 DDP #1 Dorothy Babbin and others went to Richmond for a noon banquet and then Installation of Officers.

On Oct.23, it was a very sad time as many Rebekahs attended to Rebekah Service for Sister Donna Luce in Cowansville, including the Grand Master Arnold MacKeage and President Ernestine.

On Oct. 24, A very emotional time for this Jurisdiction as we attended the Rebekah and Funeral Service in Brome, for Sister Dorothy Jones Premont a Past President and very devoted member of Colfax #29. After the funeral and committal a huge buffet was set out at the Brome Centre and full house here as well. She is sorely missed by all who knew her.

On Oct.19, in Ayer's Cliff, Alexandra #59 Officers were installed by DDGM Sister Barbara Smith. Barbara received her Lapel Pin for 15 yrs. belonging to the Odd Fellows.

On Oct.20, in Danville, Officers of Golden Rule # 13, IOOF; were installed by DDGM Barbara Smith and Staff. All present enjoyed a delicious lunch after the meeting and met some new friends.

Submitted by Ernestine Whipple



Richmond, Ernestine, Marshal; Mildred Holliday, Treas.; Ruth Blanchette, Warden; and DDP#1, Dorothy Babbin.



Ayer's Cliff Alexandra no. 59 Odd Fellows, Oct.19, DDGM Barbara Smith's cake



Barbara with newly installed NG, Evelyn Keeble.



Olive Branch #9 Officers of Richmond after being installed. In front row=Noble Grand, Doreen Findlay; Treas. Mildred Holliday; DDP, Dorothy; and Warden, Ruth Blanchette. In back row=I.G., Grayce Betts; GM Arnold; Sec. Marj Lancaster; Chap., Madelyn Betts; VG, Frances Fowler; and P. Ernestine.



Knowlton - GM Arnold, and P. Ernestine in back = NG, Shirley Vaughan; and our beloved Dorothy Jones Premont, whom we lost a short time later.



Danville Golden Rule no.13, Oct 20, DDGM Barbara with NG Ron Evans and RSNG, Wilhelm Loken.



Ernestine Whipple, President RAQ and Dorothy Babbin, DDP

# 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

## LENNOXVILLE

Cribbage Tournament to be held at A.N.A.F., Unit #318, "The Hut", 300 St. Francis, Lennoxville on Thursday, April 7. Registration at 7 p.m. Profits to go to Community Aid "Wheels on Wheels". Everyone welcome, bring your partner.

## LENNOXVILLE

Uplands Cultural and Heritage Centre, located at 9 Speid St., Borough of Lennoxville, will be holding its annual AGM on Tuesday, April 12, 2016 at 1:30 p.m. Anyone is welcomed to attend and refreshments will follow. For more information please call 819-564-0409.

## NORTH HATLEY

Last of three presentations on Karen Armstrong's Charter for Compassion: "Compassionate Communities - A Global Movement." How her movement has started compassionate communities throughout the world, and how we might join in. Hosted by UUEstrie, led by Rev. Carole Martignacco. Wednesday, April 6, at 7 to 9:30 p.m., at UUEstrie, 201 Main St., North Hatley. All are welcome. Info: 819-842-4146, www.uuestrie.ca, Facebook UU Estrie.

## LENNOXVILLE

Uplands Art Exhibit. Uplands Cultural and Heritage Centre once again hosts sisters Danielle and Christiane Dion for a spring exhibition. Their works will be on display at the Uplands gallery from April 3 to May 29, 2016. Danielle Dion, embroiderer, creates colourful tableaux, utilizing threads, silk appliqués and small treasures. Ceramist Christiane Dion offers an all-new collection of unique individuals brought to life from her vivid imagination. Opening hours: Wednesday to Sunday, 1 p.m. to 4:30 p.m. Free admission.

## LENNOXVILLE

9th annual Dart Tournament for the benefit of the Breast Cancer Society on Saturday, April 16 at the Old Lennoxville Golf Course. Starts at 1 p.m. Mixed doubles, bring your own partner. 7 games, 301. Admission charged. For information call Mary Dezan at 819-823-

2600. Everyone welcome.

## LENNOXVILLE

The 1st Lennoxville Scouts Lawn & Garden Sale, in conjunction with Clarke & Sons of Lennoxville. We are taking orders until April 13, 2016. Pick-up/Delivery on April 16, 2016, 9 a.m. to noon only, at Clarke & Sons, 2881 College St., Lennoxville. Order forms available directly at Clarke & Sons in Lennoxville or from any Scouter from 1st Lennoxville group or by phone Melissa (819) 562-4969 (please leave a message) Help support our local youth with your purchase of Bird Seed, Soils, Fertilizers, Mulch and Grass Seed!

## LENNOXVILLE

Military Whist will be played at "The Hut," A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville on Wednesday, April 6 at 1:30 p.m. To reserve a place for yourself or a table of 4, please contact Cheryl Bradley at 819-569-2067.

## BULWER

At Last! It's time to welcome spring at our annual Spring Brunch on Sunday, April 17 at the Bulwer Community Centre from 11 a.m. to 2 p.m. Bring the family and enjoy a delicious homemade buffet of pancakes and maple syrup, eggs, sausage, potatoes, beans and sweets. Music by Jan Graham. Children half price, free for under 5 years. All proceeds go to the Eaton Corner Museum. For more info contact Serena Wintle at 819-875-5210.

## LENNOXVILLE

Saturday, April 9, "All you can eat" Salad Buffet at Hope Community Church, 102 Queen Street, Lennoxville from 4:30 p.m. to 6:30 p.m. All proceeds will go to Refugee families. Admission charged. For more information, please call Elaine at 819-563-8700. Note: Next supper, Ham and Scallop Potatoes, on May 21.

## WATERVILLE

The Waterville-North Hatley United Church will hold their annual Pancake Breakfast on Saturday, April 9 from 8:30 a.m. to 11 a.m. Breakfast consists of pancakes, sausage, bacon, egg frittata, fruit cup, muffin and tea, coffee or juice. Admission charged.

## FITCH BAY

Spaghetti Supper on Saturday, April 9 starting at 5 p.m. at the Catholic Church in Fitch Bay. Benefit for Relay For Life. Information: 819-876-2608 or 819-704-0809.

## LENNOXVILLE

Child Haven International: Benefit dinner and silent auction at Shalimar Restaurant on Tuesday, April 12 at 6 p.m. Help provide healthcare, food, clothing, shelter, education and loving care for 1300 formerly destitute children in India, Nepal, Bangladesh and Tibet. Get tickets at Shalimar or at 819-346-8273. Ad-

mission charged. Co-hosted by UUEstrie. All are welcome. Info: 819-842-4146, www.uuestrie.ca, Facebook UU Estrie.

## NORTH HATLEY

Poetry Party to celebrate National Poetry Month! Haiku poet Angela Leuck will guide participants to write a traditional Japanese-inspired poem, a Renga. Everyone gets a fun opportunity to write one of 18 short, haiku-like verses, and gets soup & salad. All are welcome, poets or not. Sunday, April 10, at 1:30 p.m., at UUEstrie, 201 Main. Info: 819-842-4146, www.uuestrie.ca, Facebook UU Estrie. Free-will donation to benefit Syrian refugees.

## RICHMOND

The Richmond Legion, 235 College N., will hold their Brunch on Sunday, April 17 from 9 a.m. to 12:30 p.m. Our menu consist of eggs, sausages, ham, home fried potatoes, pancakes, home made beans, toast, coffee, tea, juice, jams and much more. Admission charged. All welcome.

## RICHMOND

The Richmond Legion, 235 College N., is having their Crib Tournament on Saturday, April 16 at 1 p.m. To register, please call Hugh Lancaster at 819-826-3495 or the Richmond Legion at 819-826-3444. Admission charged. All are welcome to an afternoon of fun and prizes.

## BURROUGH'S FALLS

Hatley 4-H Benefit at the Burrough's Falls Hall, Ayer's Cliff, on Saturday April 9 from 8:30 p.m. to 1 a.m. Admission charged. Music by Slightly Haggard. Door prizes and half & half. All welcome.

## AYER'S CLIFF

Roast Turkey Supper on Saturday, April 23 at Beulah United Church, 967 Main St., Ayer's Cliff. Come and enjoy a delicious meal of roast turkey, homemade stuffing, mashed potatoes and gravy, peas and carrots, cranberry sauce, bread, tomato juice, coffee and tea and a slice of pie for dessert. Settings at 5 p.m. and 6:30 p.m. Reservations only so please call Dean Young 819-838-5815 or Wendell Cass 819-846-7180 to reserve your tickets. Everyone welcome! Thank you to everyone for your continued support of Beulah United Church.

• • •

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.

# Fortunately, my suicide attempt did not pan out and I went for help

TUESDAY, APRIL 5, 2016

## Annie's Mailbox

**Dear Annie:** I always had an exaggerated response to alcohol and could never have just one drink. The first time I ever tried drinking was when I was 14 years old, and I got drunk. I wasn't a heavy drinker right away, though. I would drink on weekends and otherwise led a "normal" life through my teens and 20s.

However, when I was in my early 30s, I found myself in a high-pressure professional job, living alone in a big city. My life appeared to be great, but I was completely miserable. On weekends, I would start drinking at 4 p.m. and would continue until I passed out or fell asleep. I also started abusing pills and found that as long as I was passed out, I could avoid the pain that had become my life.

Finally, I decided to end my life. Fortunately, my suicide attempt did not pan out and I went for help. I was sent to a state psychiatric facility for six months. While there, I finally admitted to myself that I had a problem with alcohol. For years, I thought that once I got my mental health issues straightened out, I could drink alcohol safely. But I learned that alcohol was also causing a lot of my problems.

With the help of Alcoholics Anonymous, I got the support I needed and have been sober for 12 years. I am now happily married, have earned a second college degree and have a career I love. I hope others who have a problem with alcohol will realize that they can't wait for their other problems to go away. They need to stop drinking as a first step. — Sarah B.

**Dear Sarah:** Thank you for sharing your story. April 7 is National Alcohol Awareness Day. It's also a good reminder that any of our readers who worry that they or their loved ones have a problem with alcohol can take a completely free and anonymous screening at HowDoYouScore.org.

**Dear Annie:** You missed the boat on your response to "Confused by Wife," who said his wife thinks she's ugly, refuses to stop drinking or smoking, and won't go anywhere. Worse, she wants him to stay there with her. He says he is in good shape, but she wants him to go bald, give up exercise and snack on junk food so he would know how she feels. He's such a typical male. Everything is about him and his looks.

Annie, this woman is severely depressed or she has

some kind of medical condition. She has withdrawn from life. It common for depressed people to expect others to behave the same way so they can "see how it feels." They can't always figure out what's wrong with them, and they're tired of being misunderstood. Other indications are her lack of energy and not caring about her health.

The first step is for her to have a complete physical, and then she should seek out a mental health professional. With the right medication, assistance and support, she can start participating in life again. — Sarasota, Florida

**Dear Sarasota:** You could be right that the wife is depressed or has a medical issue and should speak to her doctor. But she must be willing to make the effort, which she is not. Our advice was for the husband. But we will add that if he can convince his wife to see her doctor, it could help.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to anniesmailbox@creators.com, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254.

### 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.

"D'Z TMU NJGWWP G EGV XNDBJN  
... SYRU FGDUDTL AMN RMZJUODTL  
VJUUN UM EMZJ GWMTL ... WDIJ  
XJGUO." — GWJH NDJLJN (SYXX  
ODNREO)

Previous Solution: "Thanks for laughing, embracing and loving the characters for all those years." — "Taxi" director James Burrows  
TODAY'S CLUE: X s i e n b e i

### REALITY CHECK

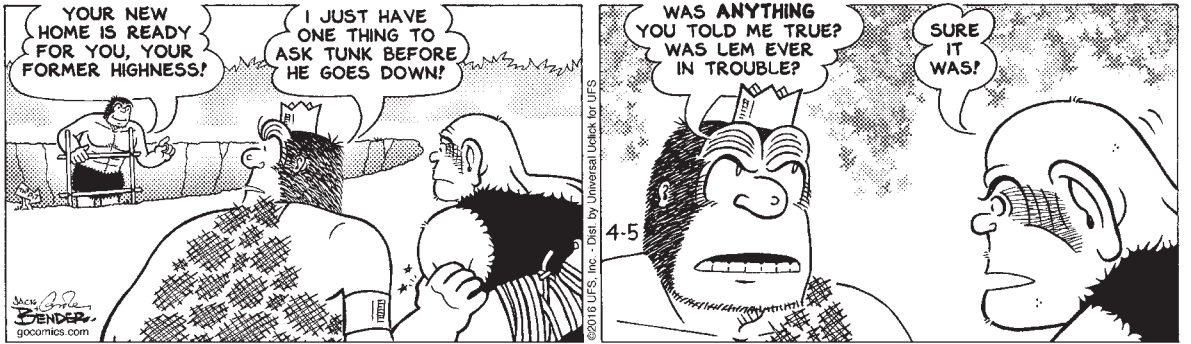


HERMAN



"His bark's a lot worse than his bite."

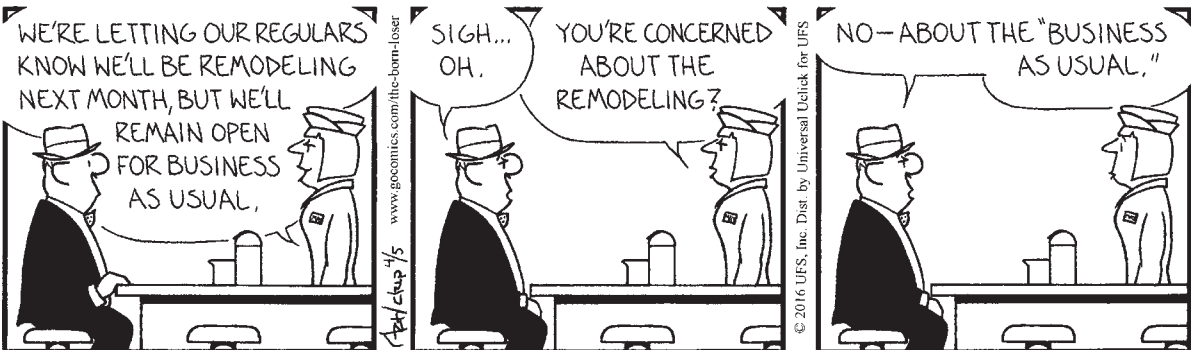
### ALLEY OOP



### ARLO & JANIS



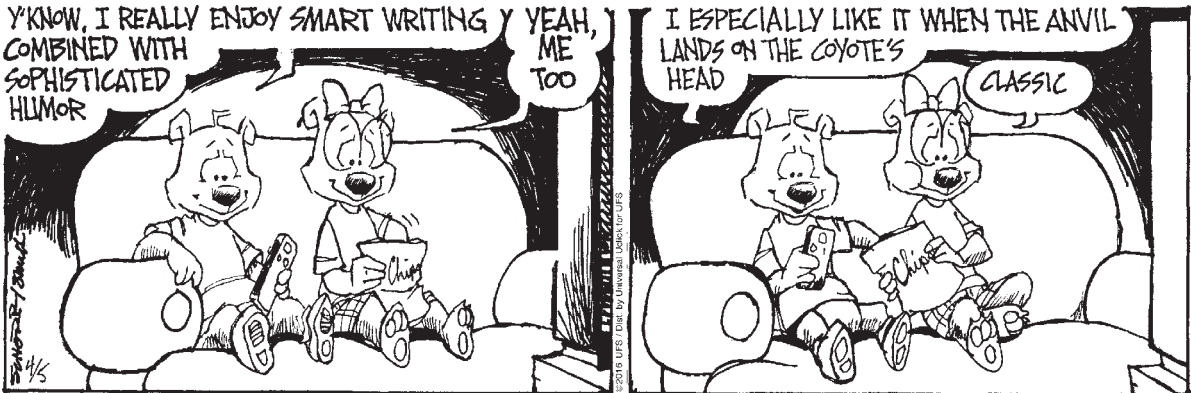
### THE BORN LOSER



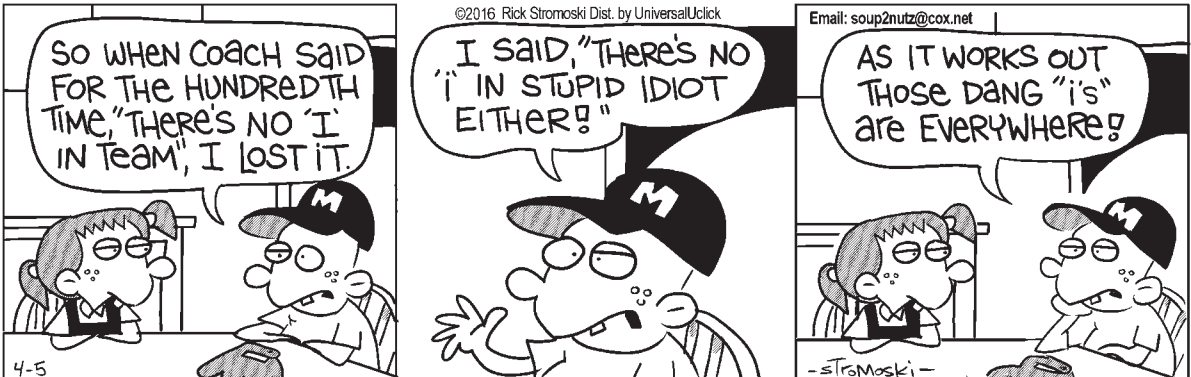
### FRANK AND ERNEST



### GRIZWELLS



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 E-MAIL: classad@sherbrookerecord.com  
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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- Job Requirements**  
 As a sales representative, you will:
- Maintain current customer accounts and relationships
  - Grow an established customer base
  - Work as part of a sales team on special projects
  - Be self-directed with the ability to effectively interact with staff and clients
  - Be creative and innovative to ensure client satisfaction
  - Demonstrate an ability to build lasting client relationships
  - Advertising sales experience is a definite asset

Interested candidates should send a letter outlining their interest and experience to

**Sharon McCully, Publisher**  
 1195 Galt Street East  
 Sherbrooke, QC J1G1Y7  
 or by email to  
 outletjournal@sympatico.ca

- 100 Job Opportunities
- 100 Job Opportunities
- 100 Job Opportunities

## URGENT

**THE RECORD**

is **urgently** searching for carriers in and around **Sawyer ville**

**(Routes can be divided)**

Motorized carrier(s) for Ch Sawyer ville, 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**

**LOOKING FOR HELP** to work on printing presses, 20 hours/week, evenings from 6 to 10 p.m., Sunday to Thursday. \$11/hour. Must be quick, punctual, resourceful, ease of learning, able to lift 40 lbs. On-the-job training. Send CV to billing@sherbrookerecord.com

**155 Travel**  
  
**REAL ESTATE.** NW Montana. Tungstenholdings.com 406-293-3714.

**190 Cars For Sale**  
  
**CLASSIFIEDS ONLINE!**  
 www.sherbrookerecord.com

**REFORESTATION NURSERY SEEDLINGS** of hardy trees, shrubs and berries for shelterbelts or landscaping. Full boxes as low as .99/tree. Free shipping. Replacement guarantee. 1-866-873-3846 or www.treetime.ca

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

**425 Bus. Opportunities**  
  
**LOOKING FOR AN online business?** I can help! You will receive free training and after support. Go to www.123freedom4life.com and check it out. Requires a computer and telephone and 5-15 hours weekly.

**440 Miscellaneous**  
  
**CRIMINAL RECORD?** Don't let your past limit your career plans! Since 1989. Confidential, fast, affordable. A+ BBB rating. Employment and travel freedom. Call for free info booklet. 1-8-nowpardon (1-866-972-7366). www.RemoveYourRecord.com

**DO YOU HAVE a disability?** Physical or mental. We can help you get up to \$40,000 back from the Canadian Government. For details, check out our website. www.disability-groupcanada.com or call us today at 1-888-875-4787.

**THE RECORD**

**OUR CLASSIFIEDS GET RESULTS!**

**Call today today to place your classified ad!**

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

## Rebekah installation of Princess #4 at Huntingville



Left to right in front: Donna Davis, Floyd Kerr; in middle row: Joyce Copping, Nancy Barton, DDP#1, Dorothy Babbin, DD Marshal Ernestine Whipple. Back row: Ferne McConnell, Greg Barton, Diane Barton and Tom Barton.



DDP #1 Sister Dorothy Babbin making her speech after Installation.



Installation Staff (left to right): Marshal Ernestine, DDP#1 Dorothy, DDT, Arnold. In back row: DD Sec., Barbara Smith and DDW, Lloyd Smith.

Huntingville - On Nov.12/15 Officers of Princess #4 were duly installed by DDP #1 Dorothy Babbin and Staff in Unity Lodge Hall at Huntingville. Officers were installed and congratulated. Sister Dorothy and Staff were also congratulated for doing a fine job. Following this meeting a delicious lunch was set out for all to enjoy.

Submitted by Ernestine Whipple

## SUDOKU

Difficulty: 3 (of 5)

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

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### PREVIOUS SOLUTION

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

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

**It pays to advertise in the classifieds**

### 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.

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

