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THE RECORD

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PM#0040007682

MONDAY, AUGUST 12, 2013

They're back Perseid Meteor shower peaks today

By Rachel Garber

The internet is full of the glories of the Perseids at this time of year, and so is the sky. That's the meteor shower that recurs every July and August. In fact, it extends from July 17 to August 24. The peak period is August 11 and 12, but if the clouds clear away, it can be happy hunting anytime over the next two weeks.

That's what Lorne Nelson said. He's an astronomer and professor at Bishop's University.

"They're associated with a comet called the Swift-Tuttle," he said. "The comet actually made a pass by near the sun, and when it passed through the solar system it left a debris trail. The earth passes through that debris trail at the same point in space and therefore at the same time of the year, year after year."

"It's basically that debris that falls into the earth's atmosphere. And then due to the friction between the atmosphere and these meteors, they heat up and become very bright, and that's what we call the Perseid Meteor Shower."

But back to the beginning. In 1862, Lewis Swift discovered a large comet, and three days later, Horace Parnell Tuttle discovered it too. So it was named the Swift-Tuttle. Its nucleus is estimated to be 26 kilometres in diameter. This is huge, compared with the usual one- or two-kilometre wide comets. The one that

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Traversée du Lac Mégantic Traversing the tragedy



TRAVERSÉE INTERNATIONALE DU LAC MÉGANTIC

The winner in the women's category, Martina Grimaldi from Italy, completed the Traversée internationale du Lac-Mégantic this past weekend in a time of 2 hours, 26 minutes and 52 seconds.

By Rachel Garber
Record Correspondent

Remarkably, the Traversée internationale du Lac-Mégantic happened this past weekend. And it did so in fine style.

The organizers' papers were lost in the train disaster on July 6, about a month before the scheduled event. Lac en fête is the organization that puts on this event, among others. With some extra financial help from the Quebec government, they managed to go

ahead.

First the numbers: Crowds were estimated at 25,000. More than usual, said one of the organizers. Competitors in the 10-kilometre race on Saturday were 37 in all, 15 women and 22 men. They

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168th Edition

ETRC ARCHIVES

Destination: Eastern Townships

The Tillotson Regional Coaticook Foundation now accepting applications

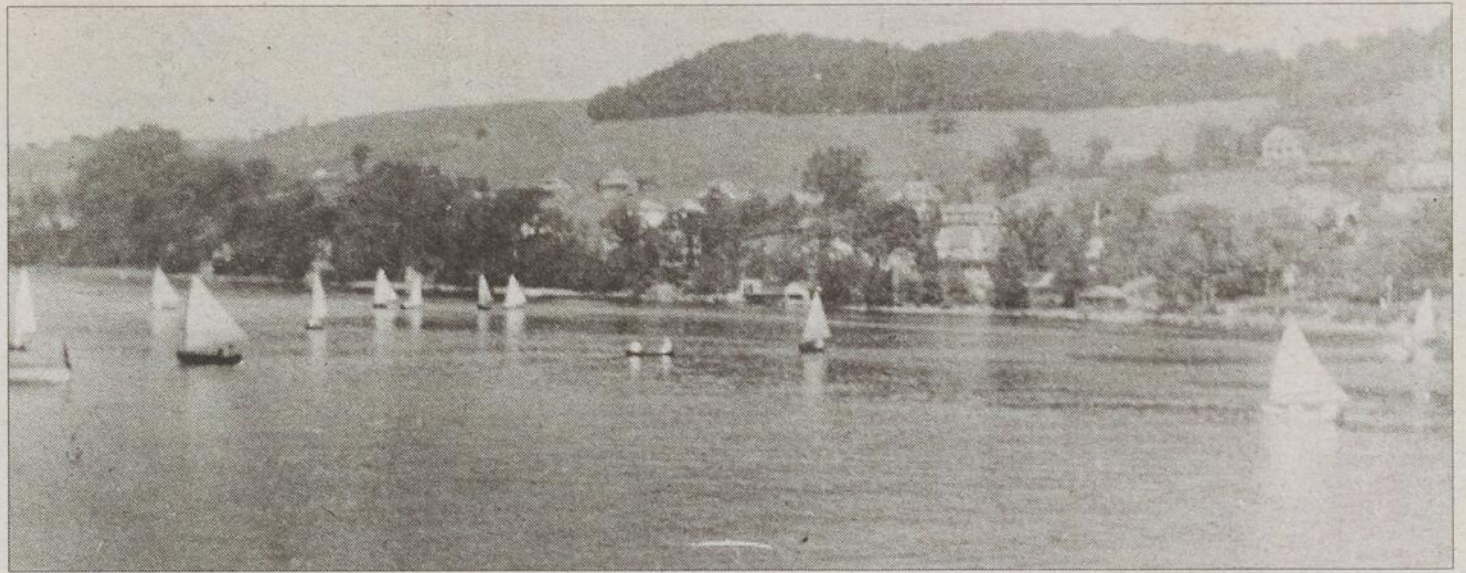
The Tillotson Regional Coaticook Foundation is now accepting applications from not-for-profit organizations interested in helping make our community stronger.

We are particularly interested in projects that target a) the young through education and sports; b) a gap in services for the elderly; and c) projects that aim to better the lives of the less fortunate among us.

The Tillotson Foundation wants to help you to help others. In 2012, forty organizations shared over \$125,000.

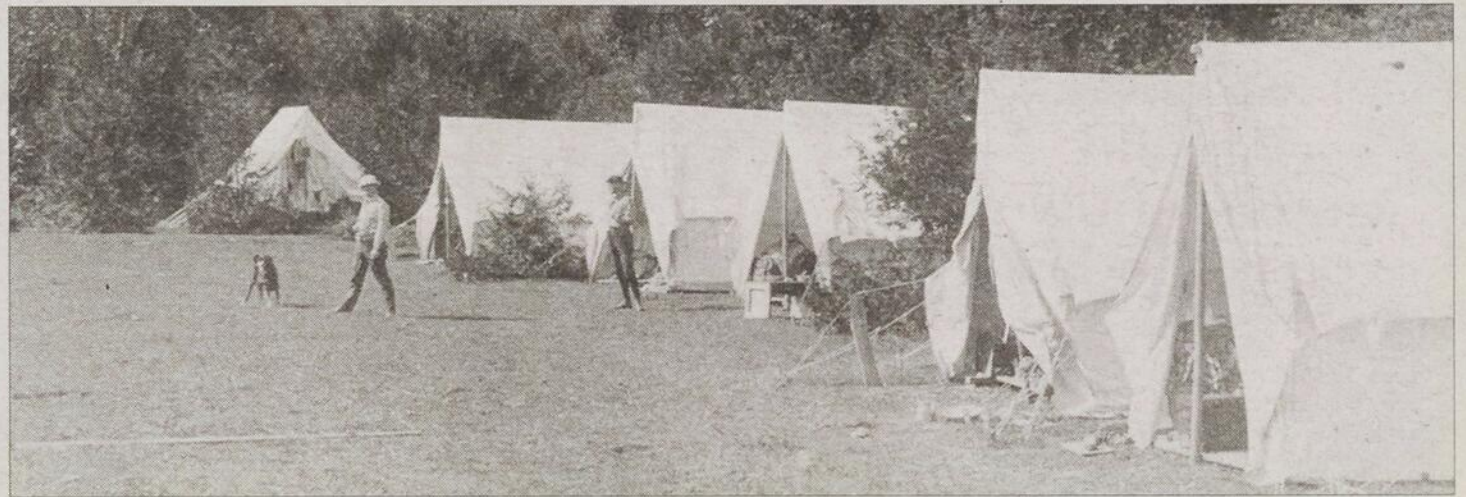
If your organization serves people in the MRC of Coaticook, or people in Stanstead, Ayer's Cliff, North Hatley or Lennoxville, we invite you to complete a grant application. Deadline for acceptance of applications is September 15, 2013.

For further information contact Ms. Bernais at 819-849-2737 or email at TillotsonFund@Best-Glove.ca



Boats on Lake Massawippi, ca. 1902

PHOTOS COURTESY OF ETRC



Camp-by-the-Cliff on Lake Memphremagog, ca. 1888.

In this season of sun and recreation, especially here in the Townships, it is fitting to pay some sort of homage to summer days in the region.

With the development of tourism in Quebec in the mid-19th century, the Eastern Townships emerged as an attractive destination for Montrealers, Americans as well as for local Town-

shippers. Early on, tourism was reserved for the upper-class, who could afford the travel and accommodation expenses as well as having some leisure time.

Some tourists stayed at lakeside hotels or resorts, such as the Glen Villa Inn on Lake Massawippi and Chateau Foster on Lake Stukely, while others rented rooms in local boarding houses or

camped in tents.

Usually the wealthiest, purchased properties and built up impressive estates along the lakeshore. In this era of summer vacationing, it was not uncommon for women and children (often along with maids, cooks and other servants) to spend the summer in the country while men travelled back to the city for work during the week.

Into the early 20th century, as the middle class emerged with some disposable income and as cars made travel easier, cottages became popular summer destinations. Little Lake Magog, for example, was a popular spot in the early 20th century for Sherbrooke families to have cottages.

Source: Jody Robinson, etrc2@ubishops.ca 819-822-9600, ext. 2261.

Weather



TODAY:
MAINLY
SUNNY
HIGH OF 25
LOW OF 12



TUESDAY:
SHOWERS
HIGH OF 19
LOW OF 14



WEDNESDAY:
MIX OF SUN
AND CLOUD
HIGH OF 20
LOW OF 6



THURSDAY:
MIX OF SUN
AND CLOUD
HIGH OF 23
LOW OF 7



FRIDAY:
MIX OF SUN
AND CLOUD
HIGH OF 24
LOW OF 9

LOTO 649 08 23 25 28 32 33 48 Bonus Next grand prize (approx.): \$3,000,000		Draw results: 2013-08-10 Quebec 49 08 22 23 10 25 43 45 Bonus Extra 7050513	
LOTO MAX 06 15 19 26 43 44 49 Bonus (B) 30 Next grand prize: \$15,000,000		Draw results: 2013-08-09 Extra 5463609	

In the event of discrepancy between this list and the official winning list of Loto-Québec, the latter shall prevail.

Ben by Daniel Shelton



LOCAL NEWS

"I missed my chance to participate in the Jeux du Québec, so I knew this time I wanted to volunteer for the Games."

Canada Games Meet Sarah Roy Massicotte, a dedicated volunteer

By Olivia Ranger-Enns
Record Correspondent

Sarah Roy Massicotte is a dedicated volunteer. In charge of the volunteer's room at Bishop's sports centre, Massicotte is also responsible for giving the shirts out to volunteers that designate their volunteer levels, whether it be medical, official or volunteers in charge of sustainable living for the Games.

"Last week I was posted at Bishop's sports centre, and this week I will be at the Internet Café, assuring that the athletes can properly go online and that there are no problems," said Sarah Roy Massicotte.

When Massicotte learned on the radio that the Host Society was looking for volunteers, she knew she had to do something.

"I missed my chance to participate in the Jeux du Québec, so I knew this time I wanted to volunteer for the Games," said Massicotte.

As a teacher helping kids with learning difficulties, Massicotte said she was really enjoying the volunteer experience.

"People are getting to know each other as the first week winds down," said Massicotte. "We're a lot of volunteers. For example, yesterday there were 140 volunteers at the sport centre, and that does not even include the volunteers at the Village. Tuesday is going to be really, really busy as we will have six matches on," said Massicotte.

Massicotte is also excited to go see other games. "I like to watch volleyball and outdoor swimming



Sarah Roy Massicotte, a volunteer for the Games.

events," explained Massicotte. "My boyfriend likes to watch soccer so I think I will be watching soccer too," said the teacher who tends to take part in individual rather than team sports on the whole.

Saint-Philippe re-entry gradual

Record Staff
WINDSOR

The Des Sommets School Board has determined that the mould problem discovered last year at the Ecole Saint-Philippe in Windsor have been resolved and the Health and Safety Board has recommended that the school be reopened this fall as soon as work is completed, predicted to be around Oct. 21.

The elementary school's pupils will be transported until then to the Ecole du Transit in Magog, while kindergarten, and 'service de garde' children will be housed in a part of Saint-Philippe where work has been completed.

"Although construction work and refinishing have yet to be completed, air quality tests are being undertaken regularly and all recommendations from the CSS have been followed to the letter," the school board says.

The schedule for the return to school for pupils of Saint-Philippe is as follows:

Grades 1-6 will be

bused to école le Transit starting Monday Aug. 26; Kindergarten: at Saint-Philippe School will begin Aug. 28.

Meanwhile, the Public health Directorate is monitoring the hundreds of pupils and staff at the school who have exhibited symptoms 'probably' caused by mould.

This monitoring will involve only those who have had symptoms as public health officials have no reason to believe that those without symptoms might have problems. Monitoring will be similar to what was done last winter. A questionnaire revealed that more than a hundred people (students and staff) had experienced symptoms possibly related to mold, problems affecting the nose, throat or ears.

Saint-Philippe school was closed in February following the discovery of a major mould issue. The school board has announced it has obtained the consent of the DSP in the Eastern Townships to re-open the school.

Blouin denied preliminary release

Record Staff
SHERBROOKE

Former Sûreté du Québec Haut-Saint François officer François Blouin will have to

remain behind bars for a while yet, following the denial of permission for a preparatory parole outing on Aug. 2.

Having served one-sixth of his sentence at the beginning of

July, Blouin was eligible for this measure as, he has not been the subject of any disciplinary report while in prison.

If he got his preparatory release, it would not exceed 60

days and he would then be free to serve the rest of his sentence in the community.

François Blouin may make further requests before getting his parole.

Blouin is serving a year-and-a-half sentence following his conviction for the possession of child pornography on April 11 of this year.

New honour for Wales Home

Record Staff
SHERBROOKE

The Wales Home seniors residence in Cleveland, near Richmond, has been recognized for the quality of care and the services it provides to its residents.

The residence and infirmary have been selected among the finalists for the Award of Excel-

lence in the Security of care and services category awarded by the Quebec Ministry of Health and Social Services to those institutions that have distinguished themselves through the implementation of innovative projects to improve the safety of care and services.

The winners of the 2012-2013 edition of the Awards will be announced at a ceremony in Octo-

ber. The Wales Home is a unique residence and nursing home offering bilingual services in the Eastern Townships, providing a living environment for 200 residents of all backgrounds and situations.

The home has already been rewarded at the Gala Reconnaissance Estrie, where it received the gold prize in its category.

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Lac-Mégantic book drive exceeds expectations

Graduate students from the University of Sherbrooke have amassed over 2,000 books for the community of Lac-Mégantic to help replenish its destroyed municipal library.

In less than two weeks the Coalition of Masters' and Doctorate students (REMDUS) has managed to collect the books, surprising even the organizers.

"We didn't expect to pick up as many books in such a short time," said coalition president Philippe De Courval.

The organizers of the book collection

are stressing the enthusiasm of people who sought out the organization to make their donation. "The people make the effort to come and give their books. Especially for someone who is not used to the campus, it is not necessarily easy to find," De Courval says. REMDUS is also looking for a home base with easier access elsewhere in Sherbrooke, to coordinate this project.

The population response to the initiative has been so great that organizers are running out of space to store the

huge number of books and are looking for new premises. In addition to the academic community, many people from outside the University have rallied to donate their books.

"We wanted to find a different way of helping the people of Lac-Mégantic, other than by money. We thought giving books was a good idea," says De Courval.

Many organizations from the region joined in to support the initiative, such as the library of Rock Forest, the Friends of the Magog Library Foundation, Re-

naud-Bray, and Location Sevigny.

In addition, two other student associations in Quebec have organized a book drive for the Lac-Mégantic Library, CADEUL from Laval and FAÉCUM from the University of Montreal.

REMDUS is continuing to collect books at least until Aug. 31 at its premises at the University of Sherbrooke, E1-115, from Monday to Thursday between 10 a.m. and 3 p.m.

Only books published in French between 1990 and today are accepted.

Perseid Meteor shower peaks today

CONT'D FROM PAGE 1



STÉPHANE GUISSARD, ESO PHOTO AMBASSADOR, WIKIMEDIA COMMONS.

The Perseids are best visible in the northern hemisphere due to the path of Comet Swift-Tuttle's orbit. But the shower was also spotted in 2010 from the exceptionally dark skies over the European Southern Observatory in Chile. The scene is lit by the reddened light of the setting Moon outside the left of the frame.

wiped out the dinosaurs, it is thought, was only about 10 kilometres across.

In 1992 a Japanese astronomer saw the Swift-Tuttle again, with binoculars. Further investigations suggest that it's been around for quite some years, more than two thousand. It was probably observed by the Chinese in 69 BC and in AD 188. Someone sharing our DNA, maybe, can hope to see it again with the naked eye in 2126.

In the midst of these investigations, the Swift-Tuttle's orbit has been calculated and re-calculated. For some years, it was feared the comet could impact the earth the next time around. A 1997 book by Gerrit Verschuur called it "the single most dangerous object known to humanity." But Swift-Tuttle fears have been allayed - a close encounter with our earth is not anticipated until about September 15, 4479. Note: an encounter may or may not be a direct hit.

Thank you, Wikipedia

In the meantime, we have the prolific Perseids. They appear to emerge from a point within the constellation Perseus. In Greek mythology, the Perseides were the sons of Perseus. The constellation lies in the northern sky.

The Perseids are a giant stream of debris that extends along the orbit path of the Swift-Tuttle comet. It consists of particles ejected by the comet. The meteor shower has been observed for about 2000 years, reports suggest.

The Perseid meteor shower is better visible in the northern hemisphere. Wikipedia says the "rate is greatest in the pre-dawn hours, since the side of the Earth nearest to turning into the sun scoops up more meteors as the Earth moves through space."

Nelson said anytime after dark is a good time. You could go over to Mont Mégantic for a Perseid Evening. Or you could just follow Nelson's advice for a ring-side view.

"The very best thing that you can do is to go to a dark location," he said. "So find a place out in the country. Bring a blanket because it gets cold. You might want to bring an air mattress as well, and find a field that's well away from the lights."

"The light pollution really deteriorates the optical image. So if you want to see the maximum number of meteors per hour, you must be in a very dark location. And of course, we also want the sky to be cloudless. If you can meet those two conditions, you'll have a wonderful show."

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The Edith Kathan Home in West Brome celebrates 60 years



THE SCOOP
MABLE HASTINGS

The Edith Kathan Home in West Brome located at 8 Soles Road, is a privately owned rental facility retirement home for autonomous seniors who need care. Located on a quiet country road in West Brome, the home is managed by Cecelia Shufelt, and a board of directors. Cecelia has been managing the home for 27 years and has her nursing degree. She is assisted by Elaine Fowler and Judy Jones who are both accredited caregivers.

The non-profit accredited seniors' home is owned and operated by the Grand Lodge of Quebec and was originally opened as a home for Rebekahs and Oddfellows but for many years, it has been open to the public in general. On Sunday, Aug. 4, the Edith Kathan Home IOOF (Independent Order of Odd Fellows) Board of Director's, staff and clients welcomed family, neighbours and friends to join in celebrating their 60th Anniversary.

The program included an 11 a.m. church service conducted by Reverend Allan Gault (parish of Brome), who was assisted by Maureen and Sharon Jolley and Beverly Sanborn. Wolf Starck, President of the Edith Kathan Home Board welcomed the crowd of some 85 people and then he introduced the Manager of the home, Cecelia Shufelt who in turn introduced her staff. Wolf then proceeded to introduce those present from the home's board of directors besides



Edith Kathan Home Staff members: Elaine Fowler, Cecelia Shufelt (Manager) and Judy Jones enjoying the festivities as the Edith Kathan Home in West Brome celebrates their 60th Anniversary.

him: Bruce Adams, Ralph Bernard, Joyce and Ed Copping and Shirley Vaughan.

The introduction speeches were followed by a BBQ lunch and Anniversary cake for all to share. Wolf Starck and Cecelia Shufelt acknowledged the contribution of volunteers like Ruth and Reginald Bourgeois who helped to get the grounds ready for the event and assisted staff and volunteers with the meal preparation...

Starck and Shufelt also thanked the Knowlton Lodge for the donation of the meat for the barbecue, the Beaver Lodge for the beverages and the Demers family who donated and prepared the corn that was served. The list of volunteers who prepared food, cooked for the barbecue and who made the event possible is impressive.

"An event like this would not be possible without the generosity of so many," said Cecelia Shufelt. "We thank everyone

who made this celebration such a special and memorable one."

The event gave all who attended an opportunity to interact with the clients and staff as well as a chance to meet the board of directors.

After lunch, other presentations took place with board member Shirley Vaughan unveiling the souvenir laminated placemat that was being given to each attendee at the event. Additional placemats could be purchased for \$3 each. The placemats celebrated the Edith Kathan Home from 1953 to 2013 and features a photo of the home taken by Robert Stowe of Sutton as well as an older photo taken many years ago.

Shirley Vaughan had one more presentation to share and she asked her husband, painter/artist Douglas Vaughan to join her. Shirley explained that a second bathroom had recently been added in the home and she noted that the walls



Douglas Vaughan (artist/painter) and his wife, Shirley (member of the Edith Kathan Home Board of Directors) posing with the two paintings donated by Douglas for the home.

were a little bare. Her husband did two paintings and even though he had originally planned to only donate one of them for the new bathroom, he ended up giving them both so that one could hang in each of the bathrooms in the place. Many in attendance commented on the colorful paintings and felt that Douglas was bringing some fun to the walls.

With the official ceremony and presentations done, musicians Danny Brown (mandolin) and Lesley Duke (guitar) entertained the crowd with some toe tapping and inspirational tunes. Desserts were served to a delighted crowd.

Edith and Wood Kathan donated the building and property to the Grand Lodge in 1951. The home can accommodate nine residents and some sixty years later, it is still going strong. Surely Edith and Wood Kathan would have been proud and honoured to see the group gathered in celebration on a Sunday afternoon under the tent at 8 Soles Road in West Brome.

For more information about the home, call Cecelia Shufelt, Manager at 450-263-1907.

Busy Saturday for the Ken Jones Centre

By Mable Hastings

Last summer, the Ken Jones Centre (a committee of the Missisquoi North Volunteer Centre devoted to adults with intellectual disabilities) formally launched envelopes of stone seeds at the Potton Public Market as a light hearted way to promote Potton and raise funds.

Saturday, Aug. 10, on the occasion of the community's multicultural festival, the same group participated in the launch of a colouring book for adults and clever kids, entitled "The Curious Story of Potton's Standing Stones" written by Murielle Parkes and translated into French by Michel Trudel as "L'histoire vraie et authentique des menhirs de Potton."

In French, it's geared for adults and "et les enfants curieux."

In the photo from left to right behind the display are Michel Trudel, Alli Leonard, Murielle Parkes, and Helga Heath. Absent for the occasion was Elizabeth Parkes, an artist just turned 18 who provided all the illustrations and lives in Ottawa.

In less than a year, several businesses and a restaurateur have added their own stone seed produce, including bread, honey, soap, sprouts, and traditional tools, all available throughout the summer at the KJC kiosk. The colouring book - its more recent addition - is available for \$5 + postage from c.jc@can.org



MABLE HASTINGS

Columnist

I suggest procrastination could actually improve and enhance our lives.

Procrastination



TOM CAVANAGH

When I hear the word procrastination I have an urge to snap to attention and call out "Guilty as Charged." Procrastination is disruptive, counterproductive, causes problems and like everyone else I do it often. Unfortunately I missed a recent conference on procrastination at Bishop's University. We should strive to be open-minded but when I first heard about it I confess to momentarily wondering if it might be a joke. (E.g., Conference postponed. Procrastination blamed.)

Since I view procrastination as a normal human pastime I have conflicting feelings about conferences on the topic. I should suppress the humour thing, but it crossed my mind. In fact I believe Monty Python could have had great fun with the idea of a conference on procrastination. And if Monty Python no longer rings a bell, think the Seinfeld show and how George, Kramer, Jerry, and Elaine would run with a procrastination theme.

Okay there are many subjects that need perusal and study and that is the raison d'être of universities. However, I wonder if procrastination really fits in. To me it seems problematic and inappropriate to take it to the level of International Conferences. Rather like having conferences on tying shoelaces, yawning, napping, or Ultimate Fighting Championships (UFC). Admittedly procrastination like most things can cause difficulties if carried to excess. Water is good but ingest too much and you're dead. So now we're into the area of common sense and normality. Such things exist, and we hardly need conferences in universities to delve into them. We handle water and lacing up shoes quite well

generally, and I believe the same applies to procrastination. Further, time management books and workshops are available for those who need them.

Yet universities do exist to push back the frontiers of knowledge, so why not study procrastination? After all, the process is already underway and procrastination's relatively recent appearance in academe is acclaimed - along with lamentations that it took so long. How long? Centuries. I credit researchers' readiness to concede the 'exploratory' nature of their work, although that does encourage speculation. Some in academe seem to feel the need is to react like Snow White's Seven Dwarves and work, work, work, work the whole day through to make up for lost time. (More conferences?)

There are alternate questions and conclusions. For example why have the greatest minds had so little to say about procrastination? Why did it not get more time and attention? They knew about it. Occam's Razor comes to mind: the simplest answer is usually best. Procrastination never made the cut because other subjects were of greater importance. We go back to the Roman Emperor Marcus Aurelius and further, - and then on through the centuries to the last few decades. This is one huge gap. Procrastination is real but other matters dominated. Conclusion: It was never that important, and in my opinion, it still isn't.

There are unlimited numbers of serious subjects to explore and discuss: global warming, autism, malaria, dementia, the role of women, whistle blowers, poverty, mental health, plagiarism, starving children, teaching methodologies, needs of Africa, etc. The list goes on and I find it hard to think of almost anything that would not precede procrastination as a topic for a conference if you have the money, inclination, time, and place to organize one.

Unlike many I see positive things about procrastination. These are seldom mentioned, and procrastination is labelled as negative, needless, and synonymous with misfortune and obstacles. Meanwhile stress in our work and lives is increasingly serious and worrisome.

And it is not just jobs and work. Capitalism has a lot to do with it, along with torrential technological advances. The world is too much with us with gadgets like super phones and texting mixed in with walking, talking, funerals, meetings, driving, trains, planes, running, biking, falling off curbs, etc. My brief involvement with Facebook tells me you can never get on top of it. Indeed the world is too much with us.

I suggest procrastination could actually improve and enhance our lives. Shut off the gadgets. Although we seldom make clearly formulated decisions to procrastinate our subconscious sends messages; "Birds sing. The sun shines. To hell with it. Take a break. Procrastinate." Clip the hedge. Burn the 'to do' list. Sit around. Strum a guitar. Take a walk. Waste time. It's okay. Talk with neighbours. Procrastination is not just a source for fretting and agonizing. It is more than something to combat.

An African proverb reads as follows. "In Africa every morning a lion awakens and knows he must run faster than the antelope or he will starve. Every morning an antelope awakens and knows she must run faster than the lion

or she will die. Lion? Antelope? Makes no difference. When you wake up in the morning you better start running."

The message is clear. Uncontrolled stress. But we are neither lions nor antelopes. We can reflect and change. We can choose. Perhaps procrastination can help.

Watch out for labels. The pharmaceuticals work to change 'shyness' from a normal human quality to something 'healed' through medication. Good luck. Are there parallels with procrastination? Who knows, but it is a multi-sided issue.

I see procrastination as normal. Not a serious social or personal problem. I close on Hamlet the most famous of all procrastinators. His uncle murders his father and marries his mother. Anger. Confusion. Fretting. Delays. Ghosts. Soliloquies. Procrastination. Ophelia. Polonius. What a mess. In Denmark the bodies piled up. In Sherbrooke my hedge gets undeserved attention. Procrastination occurs in different circumstances for different reasons with different people. Just part of being alive.

The Beatles sang "Let it be." Give procrastination the attention it deserves. Not much.

Summer at the North Hatley Library

By Camille Bouskela

I've been coming to the North Hatley library ever since I was child. Never thinking or expecting that one summer I would work there and become a part of this vibrant community.

I was always known as Samossa Phil's daughter. I knew many people but I tended to stick to the edges, befriending only those who were on the edge like me.

Everything changed when I learned about this wonderful opportunity to work at the library. I hesitated at first, finally, hastily wrote my C.V. I did not get the job because of that piece of paper. It was because of the interview.

Getting this position is the most important event that happened to me this summer. It was to be a summer filled with books and some incredible encounters. I learned that there are many many wonderful people in this village. I also learned that you have to get to know them by yourself and not listen to the multitude of rumours and gossip going around. Because believe me, there is a lot. (We do live in a small village.) Everyone brings a

richness to the community no matter how quirky they might appear to be.

And then there is the whole social etiquette. However, in a library that is of no importance. Villagers come to read and catch up on each other's lives. Regardless of their position. Rich and poor mingle. Young and old get together. Everyone has a different story to share.

It's amazing to notice all the different languages that I have heard being spoken here. (Spanish, Norwegian, Russian, Swedish) This establishment is more than a place with musty old books and pretty paintings. It has history and residue from years of different experiences. It is a magical and wondrous place. It is an escape from our tedious daily lives. Away from our worries and hardships.

Now, I know that I will always have a place in this village. People to count on when I'm in need. This is not only true for me but for everybody.

At the end of my summer I will not be only known as Phil's daughter but as the smiling student who worked at the library. And who knows what the future holds...

THE RECORD

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RACHEL WRITES

The centre's interpretation displays tell all about the geology and history of Mont Mégantic and its twin peak, Mont Saint-Joseph.

Mont-Mégantic's ASTROLab Perseid Festival at Mont-Mégantic



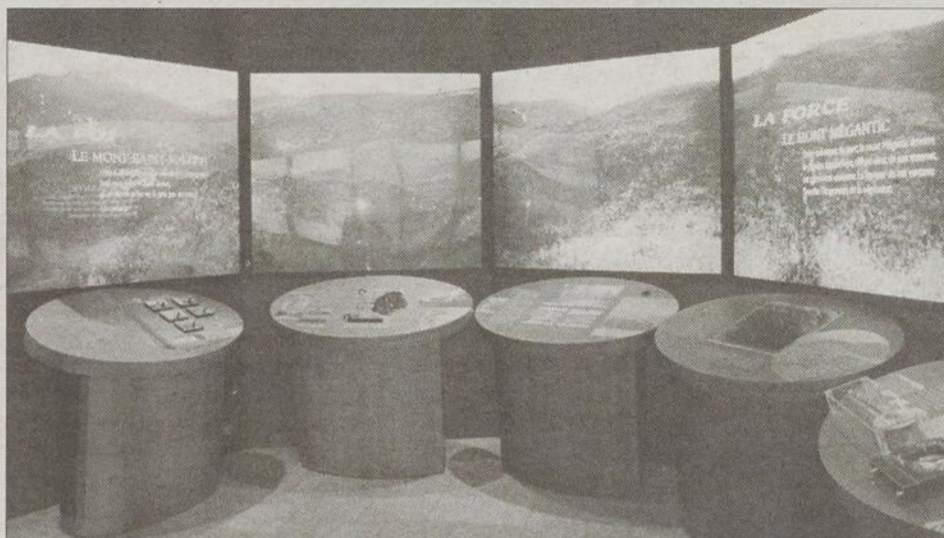
RACHEL GARBER

If you're comfortable in French, Mont Mégantic's observatory and ASTROLab have some interesting activities for you. And August is the time to go. Right now is the peak of the Perseid meteor showers. It's also the pre-snow season in the mountains. Opening hours taper off late August and in the fall, and visits to the mountain peak end thereafter.

The observatory is at the top, and the ASTROLab is at the foot of Mont Mégantic. They're at the heart of the Mont Mégantic national park, just 55 minutes from Sherbrooke, says Tourism Eastern Townships. And the park is at the heart of the First International Dark-Sky Reserve. The reserve encompasses three MRCs, Le Granit (surrounding Lac Mégantic), Haut-Saint-François (Cookshire and environs), and Sherbrooke.

Day and night, the views are magnificent, in every direction including up. If the clouds clear away.

The ASTROLab is a public outreach centre, says an article by Sébastien Giguère, its science education director. On display at the ASTROLab, the park's 2013-2014 Journal details activities at the park and at the ASTROLab. If you



RACHEL GARBER

Interpretation panels at the ASTROLab of Mont Mégantic.

think to ask for it in English, the reception agent will reach under the counter and give you a copy. Why isn't it on the display rack? "À cause du loi 101," was the reply in French. "And 99 per cent of our visitors are Francophone."

The centre's interpretation displays tell all about the geology and history of Mont Mégantic and its twin peak, Mont Saint-Joseph. In the 1920s, Mont Mégantic was the site of a gold rush. Mont Saint-Joseph was the site of a miracle more than a century ago, it is said, and thousands of pilgrims have visited it since. Today, a small chapel commemorates the site. Hiking trails loop up and down and around both mountains, 60 kilometres long. The interpretation panels are in French.

In short, all the activities, tours and

films are in French. Information on the website is available in English, however. But it may vary from what the agents at the park or the ASTROLab will tell you. It's best to phone ahead to find out what's when, and to reserve. Organized activities fill up fast at this time of year. Call 819-888-2941, option 0, or 1-800-665-6527.

To drive up the mountains, you register at the ASTROLab. The park entry fee is \$6.50 for adults and \$3 for ages 6 to 17, says the Journal. To go up to the Mont Mégantic observatory, arrive early. You can enter anytime after 8:30 a.m., but you have to be back down by noon, said the reception agents. You can stay up on Mont Saint-Joseph until sundown.

Be prepared. The road is steep and winding. The wind is cold, very cold.

Wear warm clothing.

Daytime ASTROLab activities are from noon to 4:30 p.m. And you can see a 3D film called Rythmes cosmiques. These activities are more pricey, \$14.75 for adults and \$7.50 for children.

In general, evening activities include mixed media presentations, observations of stars, and another film, Mouvement celestre, said the reception agent. Fees are \$19 for adults and \$9.50 for children. A trip up the mountain is \$22.25 and \$12, adult and child. When you call, ask about a Friday evening trip up to the summit to see the giant telescope the astronomers use. It measures 1.6 metres in diameter.

Astronomer Lorne Nelson of Bishop's University said it's the largest telescope in use in North America east of the Mississippi River. He's investigated that.

But activities this week are special. The Perseid Evenings till August 14 begin with presentations and finish with a bus ride to the summit of Mont Mégantic. There, observation benches and a telescope are dedicated to the public. Okay, it's not the 1.6-metre scope. But a view through a 61-centimetre telescope can still be impressive, if the clouds get out of the way.

Presentations at the ASTROLab before the trip up the mountain are one on Mars and one on the Perseid meteor shower. They are two hours and one hour before the bus trip up, respectively. The shuttle bus leaves every hour on the hour from 9 p.m. to 2 a.m., says the ASTROLab website, www.astrolab-parc-national-mont-megantic.org/en. Perseid evening fees are \$28.50 for adults and \$14.25 for ages 6 to 17.

Traversing the tragedy

CONT'D FROM PAGE 1

came from nine countries, including Macedonia and Australia. They swam from the Piopolis campground across Lac Mégantic to the Parc de l'OTJ in Lac Mégantic.

During the race, the wind was stiff and the waves were choppy. Two swimmers dropped out because of hypothermia. The fastest times were some 16 minutes slower than last year, for the men, and 21 minutes slower for the women.

The winners were, for the men, Thomas Lurz from Germany, with a time of 2 hours 15 minutes 35 seconds. For the women, Martina Grimaldi from Italy, with a time of 2 hours 26 minutes and 52 seconds. The 10-kilometre race is accredited by FINA, the international swimming federation.

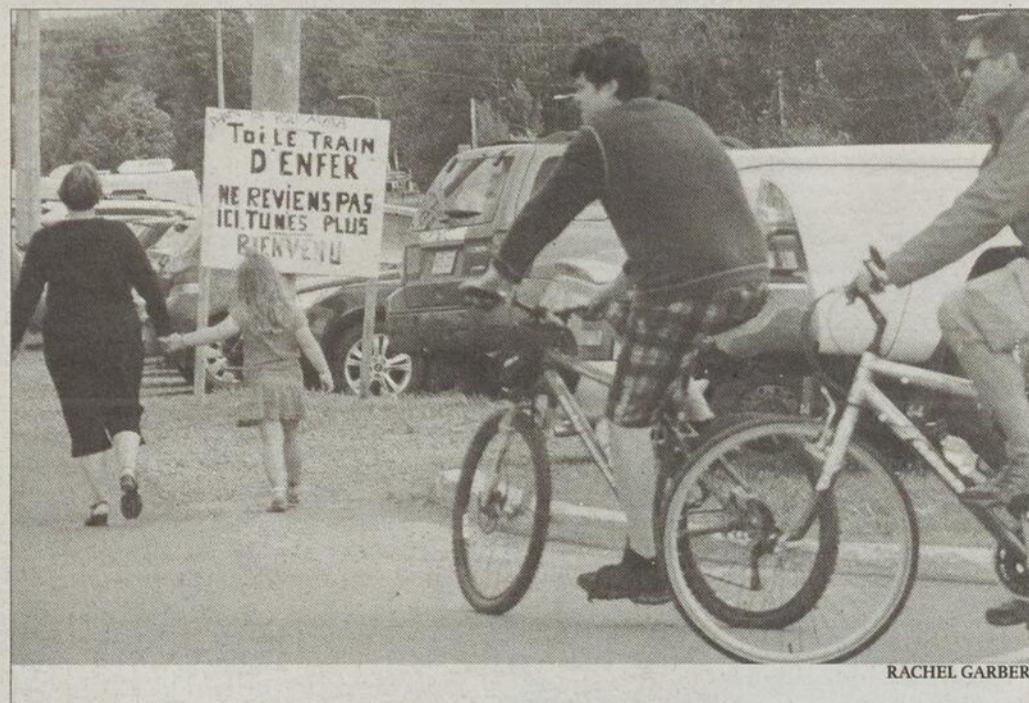
On shore, the winners were the people of Lac Mégantic, who once again demonstrated their resilience. Also, one Kathryn Gagnon, a swimmer from Lac Mégantic. She had lost her mother-in-law-to-be in the

tragedy. She said she was swimming for her. Minutes after she landed, her boyfriend knelt in front of her and asked her to marry him.

The shadow of the oil explosion was subdued, but present. To access the site, people walked past a couple of placards expressing outrage at MMA, the company whose train was involved. One said it would never happen again, "because now we have our guardian angels."

One commentator on RDI's website wondered if the swimmers would have health consequences from the contaminants in the water. But others pointed out the emotional and economic benefits of the Traversée for the people of Lac Mégantic.

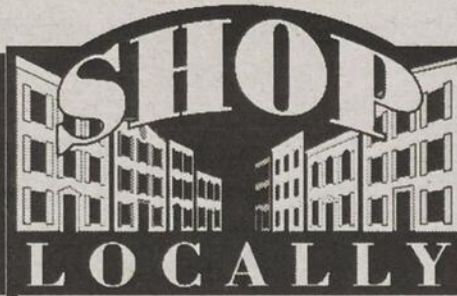
The three-day event also had a one-kilometre race, a volleyball tournament, a full schedule of concerts in the evenings, and all sorts of goings on for the young and young-at-heart - merry-go-round, ferris wheel, magicians and more.



RACHEL GARBER

At the approach to the Traversée du Lac Mégantic site this weekend was a homemade placard saying in French, "You train from hell, don't come back here. You're not welcome anymore," and in English, "Shame on you, MMA."

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Local Sports

The Abenaki, founded by members of the Bishop's Gaiters and Sherbrooke Abenaki rugby teams in 1998, are celebrating their 15th year of existence.

Sherbrooke Abenaki sweep weekend games

Rugby teams prep for playoffs



The Sherbrooke Abenaki Rugby club swept three games Saturday afternoon.

COURTESY PHOTO

By Mike Hickey
Special to the Record

It was a good weekend for the Sherbrooke Abenaki Rugby club as they swept three games Saturday afternoon. The women routed the Brome Lake Ducks 84-5, an impressive performance after dropping a one-sided decision the week before to the Laval Nomads. With the victory the women's

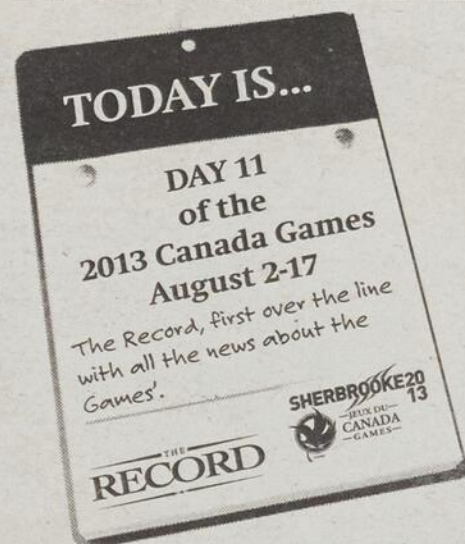
side improved their league record to 7-3, good for third place.

The Men's II squad toppled Montreal XV 46-10 to remain in their top place with a 9-0-2 record. The Men's 1 team completed the sweep with a convincing 71-14 over Montreal XV and presently sits in third place with a 7-0-4 mark.

The boys U16 had a bye this weekend but downed Sainte-Anne-de-Bellevue 32-16 two weeks ago and seven of its mem-

bers have been selected to the Quebec team that participated in the Canadian Championships in Vancouver this past weekend.

The players include flankers Darien Crawford and Maxime Gabouriault, Mathieu Dube - 2nd line, Guillaume Dubois - 8 man, Khennache Yanni - winger/fullback, Gabriel Poirier - 2nd line/pillar and centre Jean Bernard Sansoucy.



The Abenaki, founded by members of the Bishop's Gaiters and Sherbrooke Abenaki rugby teams in 1998, are celebrating their 15th year of existence and decided to celebrate the anniversary with a tour to a destination that had palm trees. Cuba was selected and invitations were sent to all players who have worn, if only once, a club sweater during those memorable 15 years.

After one practice the Abenaki traveled to Havana to face an all-star team composed of the top players from five teams located in the capital as well as the Seleccion Nacional de Cuba. The experience of rugby abroad will remain engraved in the memory Club Townships and members are already trying to come up with a suitable destination to celebrate the club's 20th anniversary in 2018. Expect it to be somewhere warm.

Surin family looking forward to Katherine's debut at Games

By John Chidley-Hill
The Canadian Press
SHERBROOKE

Bruny Surin has been to the Canada Games, the Commonwealth Games and the Olympics.

But this time, it's different.

The gold medallist from the 1996 Atlanta Olympics is attending the Canada

Summer Games, not just as an alum, but as the proud father of Katherine Surin, who is competing for Quebec in several athletic events including the 4x400 relay.

"I'm looking forward to it, I'm going to go with her sister and my wife is going to be there," said Surin. "All the Surins are going to be in Sherbrooke."

Surin has a wealth of experience at multi-sport events. He won gold for Canada in the 60-metre dash at the 1993 and 1995 world indoor championships, in the 4x100-metre relay at the world championships in 1995 and 1997 and, of course, he won the Olympic title in the 4x100 relay in 1996 with Donovan Bailey, Robert Esmie and Glenroy Gilbert.

With all that exposure to high-level competition, Surin told Katherine to keep it simple heading in to her first Canada Summer Games.

"He told me to focus, it's all about fun," said Katherine. "It's my first big competition, just have fun, don't put pressure on yourself. Perform at your

CONT'D ON PAGE 10

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Surin family

CONT'D FROM PAGE 9

best, do what you can to perform."

The elder Surin sees that simple approach as a vote of confidence in Katherine's skills as an athlete.

"You have everything, you can do your personal best," said Surin. "Just go there and do your best and have fun. That's the only thing I told her. I didn't tell her this-and-that technical stuff, you go there, I'll be there, have fun. That's it. Period."

However, when it comes to building a career as a high-performance athlete and Katherine's ongoing training, Bruny has been more direct.

"He tells me a lot to be serious, to always give my best. Even if it's hard, I should always continue, even if I'm tired," said Katherine. "One race and training could change everything, so I should always keep going. It's all about perseverance."

Katherine is actually a recent convert to high-level athletics. She grew up playing tennis with her older sister Kimberly, but decided around age 14 that she wanted to follow in her father's footsteps.

It came as no surprise to Bruny, who always knew his daughter loved to run.

"I remember since she was, I would say, five years old, she was telling me 'Dad, I want to go to a school where I can learn how to run,'" said Surin. I was like 'Well, you're only five or six years old, you're too young' but she expressed that many times. So I said to her 'I know that you like running, when you're 14 years old, I'll put you in a club.'"

Katherine likes tennis, but loves the individuality of track events and shouldering the burden of competition herself.

"Athletics is more challenging for me since it's all about me," said Katherine. "I can do my personal-best times, it's not about others I need to beat. It's all about my abilities, and I like that."

Although Katherine's first event is on Monday, both Surins attended the Games opening ceremonies on Aug. 2. Bruny didn't want his daughter to miss out on the festivities and he was one of the ceremonial flag bearers for the official Canada Summer Games along with fellow Olympians like freestyle skier Jennifer Heil, wheelchair racer Diane Roy, as well as divers Sylvie Bernier, Alexandre Despaties and Annie Pelletier.

"It was a great moment because I see all the kids marching into the stadium and to them it's like a mini-Olympics" said Surin. "It reminded me of back in 1985 when I participated in Saint John, N.B., and I felt the same. I always say that the main thing for them is to have fun. Some of them have goals to win medals and everything but the main thing at this stage is to have fun."

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The other side of the Games

By Verity Stevenson
Record Correspondent

There is a whole other side to the Canada Games that even athletes aren't fully exposed to. A lot of organization goes into preparing for them — two years, in fact — and a big portion of it has nothing to do with sports.

"It's something athletes don't necessarily realize is there. Something that comes after, kind of like when you leave your parents' house," said Cathy Johnson of Team BC's mission staff. Johnson competed in the 1993 Kamloops Canada Summer Games in track and field as well as the Pan Am Games.

Each province has a group of mission staff, which includes photographers, psychologists, media relations officials, coaches that support their province's team across the many facets of the Games. They make sure all of the team's needs are met, from food to feelings.

"[The athletes] are under a lot of pressure so we sit down with them before a game and go over everything they need to think about during the game. I'll walk into a bus and I or the coach will pick out one of the athletes to come sit and talk with me," said Dave Freeze, the sports psychologist for Team BC. Most of them are volunteers who take time off from occupations at home.

A sports psychologist will go to key sporting events for its team and make sure that all the athletes are feeling well and ready for what's ahead. Often, the heaviest pressure put on the athletes

comes from themselves — something a sports psychologist can help with.

"It's like anything — before each game, an athlete goes through a whole process of assessing the situation and what he or she has to do. I help with that checklist," said Freeze at Team BC's prep rally.

Each province had a prep rally before the Games began to get all the athletes motivated as they settled into what would be their homes for the next week, or two in some cases.

Athletes from every discipline get together under the same roof, music is played, motivational speeches and free merchandise is given out.

At Ontario's prep rally, Chef de Mission Blair Macintosh's speech was interrupted by a small group of athletes dressed in red morphsuits (full-body spandex costumes) singing Taio Cruz's "Dynamite." They went around the room handing out merchandise and got everybody in the room standing, singing and dancing.

"It's important for there to be other events than just the sporting events so we organize a whole bunch of stuff. We also have a parent night coming up," said Johnson.

Not only does every province's team's mission staff organize fun events, but the Canada Games Fan Club was created around that sole purpose. The Fan Club is a group of volunteers that are based out of the Games Village at Bishop's University and that organize activities

CONT'D ON PAGE 14



VERITY STEVENSON

Ontario's and BC's prep rallies were held at Bishop's College School the Friday before the Canada Games began.

Culture shows at Bishop's University 'Écoute Pour Voir' takes athletes by surprise



OLIVIA RANGER-ENNS

A dancer performs for an athlete for the performance of "Écoute Pour Voir."

By Olivia Ranger-Enns
Record Correspondent

On the last day of the first week of the Games, some culture shows took off to animate the weekend. "Écoute Pour Voir" is a performance production where contemporary dance takes center stage. Eight dancers walked right up to athletes, asked permission and then inserted an iPod into the athlete's ears, and began dancing to what the performers knew the athletes were listening to.

The effect was startling at first — most athletes looked a bit taken aback by the initiative, yet within seconds a certain rapport had been established between the listener and the dancer and smiling faces were seen all around.

Created by Emmanuel Jouthe, "Écoute Pour Voir" takes theatre outside of the theatre stage. "Each dancer chooses his or her own music, which they then get athletes to listen to individually as they execute mostly impro-

vised dancing. The music genres vary: they could be international, French Quebecois, world, soul, etc.," explained Aude Watier, in charge of communication relations for the company Danse Carpe Diem based in Montreal and geared for a tour in Gaspésie soon.


"The idea is to take theatre away from a formal setting like a theatre hall and instead to see how people react when they are visibly and directly approached. There is always a kind of more intense, more friendly relationship that occurs," added Watier.

Indeed, the link is made visible as the dancer is always connected to the athlete via the iPod strings.

As such, the company Doux Carpe Diem refuses to do any performances in a theatre.

"The dancers perform in parks, on the street, even in retirement homes," said Watier. "We can have up to 20 dancers who walk up to tourists or locals and really search for a connection, whether it


CONT'D ON PAGE 13



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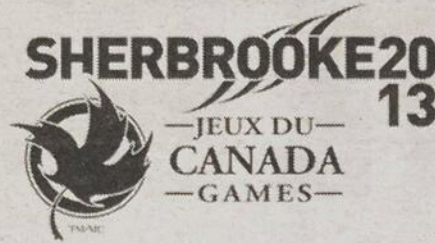
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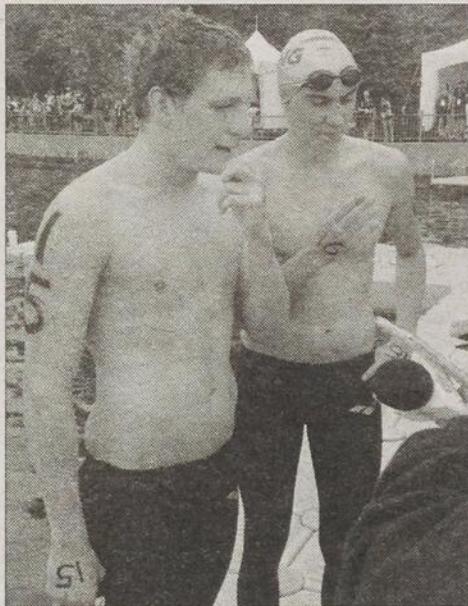
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Gold, silver

Lions and tigers and bears: No fear for Quebec open water swimmers

By Verity Stevenson
Record Correspondent



VERITY STEVENSON

Liam Desjarlais (gold) and Nicolas Masse-Savard (silver) speak to the media between breaths at the end of the 5-kilometre race.

Four of Team Quebec's athletes won medals Friday morning after completing the Lac Memphrémagog 5-kilometre open-water swimming course. Liam Desjarlais (59:11.35) and Caitlin Hodge (1:02:52.37) both won gold, closely followed by Nicolas Masse-Savard (59:11.77) and Jade Dusablon (1:02:52.65) winning silver. Breanne Siwicki (1:02:57.71) from Manitoba and Jon McKay (59:13.40) from British Columbia won bronze.

The four Quebec athletes were lucky to have each other.

"We devised a strategy: the first four laps we told each other we'd relay. Basically, when one of us was tired, she'd turn and the other would pass her, but in the last lap, we'd told each other, we'd race," said Dusablon.

Desjarlais and Masse-Savard proceeded in the same way — leaving the

end to be "a bit free for all," said Desjarlais.

"It would have been great to finish first, but I started my final sprint a little later than I should have," said the other silver medalist, Masse-Savard.

Desjarlais, an indoor and outdoor swimmer, said the win was a great relief for him.

"I didn't do so well at the pool this week so this feels really good," said Desjarlais, who also made it to the finals of the 200-metre butterfly stroke and in the 200 and 400-metre freestyle races. The gold medal was his first of the 2013 Canada Games.

Despite the grey skies, the temperature was warm so the water wasn't as cold as the athletes are trained to be used to.

"I would have loved it to rain. I like it when there's a challenge. The fact that

it was nice out definitely made the race easier, but I think that with tougher conditions, you can really see who has more experience in open-water," said Dusablon. Whereas, when the water is flat, the conditions are similar to that of a pool so indoor swimmers have higher chances of winning than if the water is wavy, according to the swimmer.

"The conditions were great, but the water was a little warm," said Masse-Savard.

Still, both duos kept at each other's hips for the whole race, never letting anyone pass — a feat that may have been attempted, and if it was, was largely unsuccessful.

Friday was the only day of open-water swimming competitions. Monday, the diving competitions will begin at the Claude Robillard Sports Complex in Montreal at 10 a.m.

Medal standings

(As of Sunday)

	Gold	Silver	Bronze	Total
Ontario	53	27	22	102
Alberta	20	28	20	68
British Columbia	21	18	23	62
Quebec	17	20	24	61
Saskatchewan	3	10	9	22
Manitoba	1	7	9	17
Nova Scotia	1	4	8	13
New Brunswick	2	0	2	4
Prince Edward Island	0	2	0	2
NL and Labrador	0	1	0	1
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Northwest Territories	0	0	0	0
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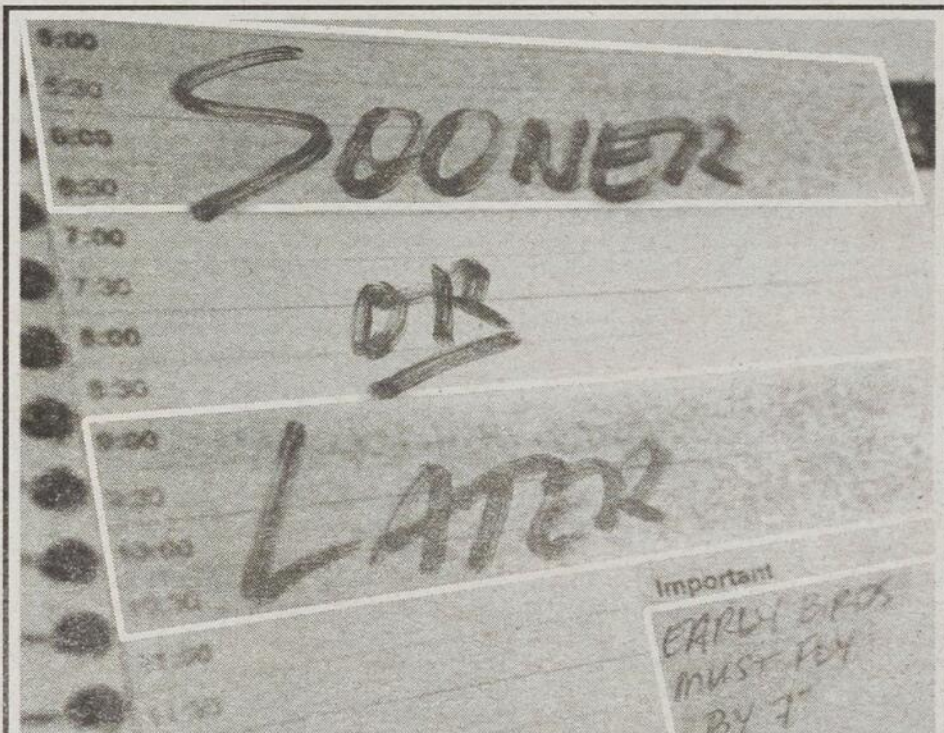
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Better is best The Centennial Cup

By Josh Quirion
Record Correspondent

Gold, silver, bronze – the Canada Games recognize the triumph of athletes who vowed their energy and devotion for a merited opportunity to walk onto the prestigious podium march and become immortalized in records of the largest Canadian multi-sport competition.

The centennial cup exemplifies the significance of continuous development, which remains a fundamental objective of the Canada Games. It is awarded to the province or territory that demonstrates the greatest overall measure of improvement from one competition to the next.

For example, if a province obtained a second-place finish in 2009, they are awarded nine "Flag Points. And if they obtain a first-place finish in the same discipline in 2013, they receive 10 points, attributing them a differential of plus 1. The totality of positive disparity determines the victors.

Since its inception in 1971, the Centennial Cup has been awarded to 10 different provinces and territories. Designed by Robert S. Kent of Kingston, Ontario, the cup is modeled after the Katimavik Pavilion of Expo 67. The emblematic cup was fashioned from 37 previous medals and wood laminations representing 10 provinces and two territories.

In the 2009 Canada Games held in Prince Edward Island, the province of Quebec captured the Centennial Cup with a positive point differential of plus 17.5. After one week of competition in the 2013 Canada Games, Ontario and Manitoba are the forerunners for the title with an identical plus 7.0 differential.

'Écoute Pour Voir'

CONT'D FROM PAGE 11

is made through singing, dancing, moving or listening to the music."

Each performer danced in a different style. Whereas some movements were more languid and smooth (obviously a waltz of some kind must have been playing), other dancers threw themselves on the ground, kicking the air and executing beautiful, sharp movements reminiscent of the tango.

As such, the dancers could puzzle, shake up or endear themselves to the listener.

"It's a nomad dance of sorts, a promenade à deux as we say in French. There is more dialogue and exchanges than lecturing of any kind," Watier said.

In effect, this "dialogue" without the use of the spoken word demonstrated to what startling effects

one can communicate with another person without having to have recourse to language (a study by Raudsepp 2002 has revealed that 55 per cent of communication is done through body language, while 7 per cent is achieved through the use of words, and the remaining 38 per cent is done through intonation, use of tone and so forth).

Luce Couture, the director general for Centennial Theatre, communicated with the company and requested a performance for the benefit of the athletes for the two weeks.

"Écoute pour Voir" took place on Bishop's campus on August 9 at 1 p.m. and then again at 3:45 p.m.

For more information, visit www.emmanueljouthe.com.

CANADA GAMES BASKETBALL

NL and Labrador emotional after consolation success

By Olivia Ranger-Enns
Record Correspondent

With a win of 61-55 over Prince Edward Island, Newfoundland and Labrador won a fantastic and tense game, which coincidentally was also their last game.

You could already tell that Newfoundland was in spectacular spirits for this game at Bishop's sports center on a rainy Friday afternoon. Quick on their feet, the Newfoundland team nevertheless had some trouble communicating to each other visually, while PEI simply dragged behind Newfoundland.

Steve Ryan and Brett Warren were great athletes, performing long shots and using strategy as much as possible.

By the second period, Newfoundland led 33-20. It was by the fourth period that PEI rushed to keep up with Newfoundland, as the score became tight and people began to bite their nails as PEI came to within nine, 46-37. Although PEI had upped the ante on their end, Newfoundland

showed no signs of slowing down.

The aftermath of the game was emotional, as the Newfoundland team was photographed, and exchanged tearful embraces with their family members and coaches. David Granger is an athlete for the Newfoundland team.

"We knew Prince Edward Island is a strong team, so we were prepared," said Granger. "This was a consolation game, but it is still important to us. We wanted to do well. I have been playing for over three years with this team. We were in Sherbrooke last year for the Practice Canada Games, and I think this place is really nice. The only complaint I might have is that I wish we had air conditioning in our apartment," added Granger who is staying with his teammates and two Newfoundland volleyball players.

What's up next for Newfoundland? Half of the team is off to the Nationals, while it's school time for Granger, who hopes to study with a scholarship at Memorial University of Newfoundland.

"I don't know what I will be studying yet," said Granger.

Granger's love of basketball goes a long way. "I think I started when I was five years old," he said



OLIVIA RANGER-ENNS

David Granger

grinning. "It was hard on my family, watching me walk around dribbling that ball."

Granger's father, mother, sister, uncle and aunt (the latter two living in Sherbrooke) came to watch the game. "Although we lost to Manitoba and this means that we won't get a medal, my family is behind me all the way. My father would be proud of me even if we hadn't won this game," he said.

THE RECORD



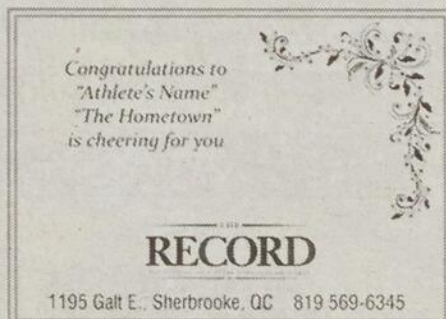
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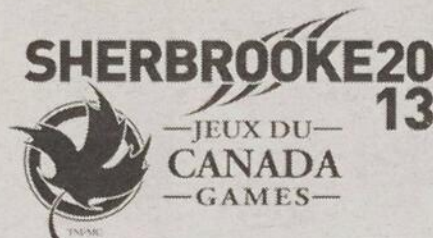
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Other side of the Games

CONT'D FROM PAGE 11

around campus to keep things lively. They also greet the athletes upon their arrival, a greeting that was said to be very appreciated by Manitoba's men's basketball team.

"We're being cheered on by people we don't even know right when we arrive. It's great," said basketball player Adam Thompson.

At the Village, there is also an Ath-

letes Lounge with gaming consoles set up with couches, food and drink as well as TSN's continual live streaming of the Games in the background. A place for them to unwind.

Saturday, the second wave of a sea of 2,200 athletes arrived to the Games Village where the process of settling in, prep rallies and jitters will happen once again.

Monday Schedule — August 12

Athletics — University of Sherbrooke

- 12:30 p.m. — Decathlon (Men)
- 12:50 p.m. — 100-metre
- 1 p.m. — Hammer (Women)
- 1 p.m. — High Jump (Men)
- 1:30 p.m. — Shot Put (Women Para)
- 2:50 p.m. — 400-metre
- 3 p.m. — Triple Jump (Women, Men)
- 3:30 p.m. — Discus (Men)
- 6 p.m. — 400-metre Hurdles (Women, Men)
- 7 p.m. — Javelin (Women)
- 7 p.m. — 4x100 Relay (Women, Men)
- 7:45 p.m. — Pole Vault (Women)
- 8 p.m. — 1,500-metre

Women's Basketball

- 9 a.m. — PEI vs. NS — Bishop's University
- 11:15 a.m. — Man vs. Sask — Bishop's University
- 1:05 p.m. — Alta vs. Que — Sports Palace
- 3:45 p.m. — NB vs. Ont — Sports Palace
- 6 p.m. — PEI vs. Man — Sports Palace
- 8:15 p.m. — Alta vs. BC — Sports Palace

Canoe-Kayak — Lac des Nations

- 9 a.m. — K-1, C-1 500-metre (Women)
- 9:30 a.m. — K-1, C-1 500-metre (Men)
- 10 a.m. — K-2, C-2 500-metre (Women)
- 10:30 a.m. — K-2, C-2 1,000-metre (Men)
- 11:10 a.m. — K-4, C-4 500-metre (Women)
- 1 p.m. — K-1, C-1 500-metre (Women)
- 1:35 p.m. — K-1, C-1 500-metre (Men)
- 2:10 p.m. — K-2, C-2 500-metre (Women)
- 2:45 p.m. — K-2, C-2 1,000-metre (Men)
- 3:20 p.m. — K-4, C-4 500-metre (Women)
- 4 p.m. — Medal Ceremony

Road Cycling

- Individual Time Trial
- 9 a.m. — Women — St. Catherine de Hatley
- 10:30 a.m. — Men — St. Catherine de Hatley
- 11 a.m. — Medal Ceremony — Women — St. Catherine de Hatley
- 12:30 p.m. — Medal Ceremony — Men — St. Catherine de Hatley

Fencing — Sherbrooke CEGEP

- Individual Foil — Men
- 8 a.m. — First Round of Pools
- 9:30 a.m. — Second Round of Pools
- 11 a.m. — Eighth Final
- 11:45 — Quarterfinal
- 1 p.m. — Semifinal
- Individual Sabre — Women
- 1 p.m. — First Round of Pools
- 2:30 p.m. — Second Round of Pools
- 4 p.m. — Eighth Final
- 4:30 p.m. — Quarterfinal
- 5 p.m. — Semifinal

Diving

- Platform — Claude Robillard Sport Complex, Montreal
- 10 a.m. — Men
- 12:45 p.m. — Women
- 3:30 p.m. — Men
- 4:55 p.m. — Medal Ceremony — Men
- 5:10 p.m. — Women
- 5:55 p.m. — Medal Ceremony — Women

Women's Soccer

- 10:30 a.m. — Ont vs. YT — Bishop's University
- 11 a.m. — Que vs. Man — Parc Sylvie Daigle
- 2:30 p.m. — Alta vs., Sask — Parc Sylvie Daigle
- 2:30 p.m. — NS vs. NWT — Bishop's University

Men's Beach Volleyball

- Atto Beaver Park
- 8 a.m. — Que vs. NWT
- 9 a.m. — Ont vs. NS
- 10 a.m. — BC vs. NL
- 11 a.m. — NB vs. Alta
- Noon — Man vs. Sask
- 1 p.m. — PEI vs. NS
- 2 p.m. — NL vs. NWT
- 3 p.m. — Que vs. NB
- 4 p.m. — Ont vs. Sask
- Women's Beach Volleyball — Atto Beaver Park
- 8 a.m. — Alta vs. NWT
- 9 a.m. — BC vs. Sask
- 10 a.m. — Ont vs. NL
- 11 a.m. — NB vs. NS
- Noon — Man vs. PEI
- 1 p.m. — Que vs. Sask
- 2 p.m. — NL vs. NWT
- 3 p.m. — Alta vs. NB
- 4 p.m. — BC vs. PEI

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In Memoriam

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Your memory we treasure,
Loving you always,
Forgetting you never.
Dearer still as the years depart,
They live forever in our hearts.
Love and miss you
YOUR FAMILY*

Death



William Donat CORMIER
(1927 - 2013)

Passed away on August 8, 2013, surrounded by his loved ones, at the age of 86. Grand-Papou (Donat Cormier), son of the late Adélarde Donat Cormier and the late Caroline Alice Cox, widow of the late Jacqueline Lessard, companion of Rose-Annette Gaudreault, of Marbleton.

Mr. Cormier leaves behind his children Sylvie (Michael Delli Colli) and Serge (Caroline Chénier); his grandchildren Jonathan, Alexandre, Jacob, Kamille, Benjamin, and two little princesses; as well as his sisters and brother Pauline, John, Gail, Wilma and their spouses.

Visitation will be held at the Dudswell Community Centre, 193 Principale East, Dudswell (Marbleton) on Wednesday, August 14 from 9 a.m. to noon and from 1 p.m. to 2:30 p.m. The funeral service will be held at Saint-Adolphe-de-Dudswell Church, 191 Principale East, Marbleton, on Wednesday, August 14 at 2:30 p.m.

Donations in his memory made to La Société de Leucémie et Lymphome du Canada, 2 Lansing Square, Suite 804, Toronto, ON, M2J 4P8 would be greatly appreciated by the family.

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Datebook

Today is the 224th day of 2013 and the 53rd day of summer.

TODAY'S HISTORY: In 1898, Spain agreed to peace protocols with the United States, bringing an end to the Spanish-American war.

In 1953, the USSR detonated its Soviet thermonuclear weapon.

In 1981, IBM announced the release of its first personal computer.

TODAY'S BIRTHDAYS: Christy Mathewson (1880-1925), baseball player; Cecil B. DeMille (1881-1959), film director/producer; Cantinflas (1911-1993), entertainer; William Goldman (1931-), novelist/screenwriter; George Hamilton (1939-), actor; Jim Beaver (1950-), actor; Ann Martin (1955-), author; Peter Krause (1965-), actor; Pete Sampras (1971-), tennis player; Casey Affleck (1975-), actor; Plaxico Burress (1977-), football player.

TODAY'S FACT: The United States lost more troops suppressing the Philippines

(ceded to the U.S. by Spain in the 1898 armistice) than in the entire Spanish-American War.

TODAY'S SPORTS: In 1994, Major League Baseball players began a 232-day strike that resulted in the first cancellation of the World Series since 1904.

TODAY'S QUOTE: "Now, public libraries are most admirable institutions, but they have one irritating custom. They want their books back." — Cecil B. DeMille

TODAY'S NUMBER: 64,000 — bytes (62.5 kilobytes) of memory available in the "typical system for home and school" offered in IBM's 1981 press release announcing the personal computer. The system retailed for \$3,005.

TODAY'S MOON: Between new moon (Aug. 6) and first quarter moon (Aug. 14).

Rethinking the taco

by Marialisa Calta

A recent broadcast of "A Prairie Home Companion" on public radio described the menu for a fictional "Mexican Fiesta Night at Mel's Big Boy Buffet." It featured the "All-U-Can-Eat Taco Sandwich": two slices of white bread plus beans, rice, guacamole, hamburger, ketchup and sour cream.

This was obviously a "taco-ish" dish exaggerated for the sake of humor. But if you look at the tacos found in fast-food outlets, cafeterias and frozen food sections of supermarkets, and substitute tortillas for white bread, many of them are not that different from the radio version. These tacos tend to be high in sodium, fat, refined sugars and additives, while low in fiber, overall nutrition — and, one could argue, taste.

In the 1950s, tacos were virtually unknown to Americans except those living in California and the Southwest, according to "The Oxford Companion to American Food and Drink." That changed when burger-stand owner Glen Bell of San Bernardino, Calif., decided to make his favorite Mexican snack into a fast-

food item; in 1962, he opened the first Taco Bell.

"Taco Bell had to overcome vast distrust and prejudice among many American consumers against Mexican restaurants," writes editor Andrew F. Smith. Bell did this by emphasizing the similarities of a taco to a burger (ground beef, lettuce, tomato). Today, the taco is part of many Americans' snacking habits, school lunches and fast-food entrees.

But it may be time to rethink the taco, says Martha Stewart in her new book "Meatless." Her taco recipes are beef-free, but chock-full of healthy vegetables, beans, cheese and plenty of flavor. (Stewart also rethinks burgers, pizza, lasagna and other dishes for fabulous meatless fare.)

Note: For the recipes below, try to find organic corn tortillas or "sprouted" corn tortillas. Both types have a slightly heartier texture, and the corn flavor really comes through.

PORTOBELLO AND ZUCCHINI TACOS

Yield: 8 tortillas, or 4 servings

- 5 portobello mushrooms, stemmed and sliced 1/2-inch thick
- 2 teaspoons dried oregano
- 2 tablespoons olive oil
- 1/4 cup water
- Coarse salt and freshly ground black pepper
- 4 medium zucchini, cut into 2-by-1/2-inch sticks
- 1 red onion, halved and sliced 1/4 inch thick
- 8 small (4 1/2- to 6-inch) corn tortillas (see note above)
- 4 to 6 ounces Monterey Jack cheese, shredded (1 to 1 1/2 cups)
- 1 cup halved or quartered cherry tomatoes

Preheat oven to 425 degrees. On a rimmed baking sheet, toss the mushrooms with 1 teaspoon oregano, 1 tablespoon oil and the water; season with salt

and pepper. On another rimmed sheet, toss the zucchini and onion with the remaining oregano and oil; season with salt and pepper.

Roast both pans of vegetables, tossing occasionally until vegetables are browned and fork-tender, 25 to 30 minutes. The zucchini may cook faster than the mushrooms, so start checking after about 18 minutes.

Using tongs, hold each tortilla directly over a gas flame, turning until heated through, about 5 seconds. Alternatively, reduce the oven temperature to 350 degrees, wrap the tortillas in parchment, then in foil, and warm for a few minutes in the oven.

To serve: Divide the mushrooms and vegetables among the tortillas. Top each tortilla with 2 to 3 tablespoons of cheese and about 2 tablespoons of chopped tomatoes. Serve warm.

(Recipe from "Meatless," from the kitchens of Martha Stewart Living; Clarkson Potter, 2013.)

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Every decision is still made by his mother, he acts as if I'm not smart enough

Annie's Mailbox

Dear Annie: I've always known that my husband's widowed mother runs his life. She picks out his clothes and even decided which house we should buy. Of course, it's about a half-mile from hers.

I thought after we married I'd have a more prominent place in his life. Wrong! Every decision is still made by his mother. He acts as if I'm not smart enough. Meanwhile, his mother completely ignores me. She plans holiday gatherings and everything else with no regard for my preferences or schedule. She calls his cellphone constantly. I think it's rude. He thinks it's normal.

I'm seriously thinking about taking our 4-year-old and walking out. I'm not sure he would notice. I love my husband, but he doesn't have time for me. Any suggestions? I'm ready to explode. — Second Best in Michigan

Dear Second Best: We are always surprised by people who marry and expect their spouses to suddenly change years of ingrained behavior. In order for your husband to put you first, he must be willing to do so, and he will have to simultaneously fend off his mother's objections. We think he likes things as they are, so this is an uphill battle. You will have to explain why the change is crucial to the health of your marriage, and then insist on counseling. Keep in mind, no attitude adjustment happens overnight. And without effort on his part, it won't happen at all.

Dear Annie: Could you ask those people who live in the forests in western states why they build their houses so they will burn down? They must do it on purpose, because they have been doing it over and over for years. Not long ago, 360 big houses burned in Colorado.

You can build a house so it won't burn so easily. It's very simple: Just build it out of steel, masonry, stucco, tile and drywall, all readily available at the local hardware store. Any builder today will know how to do it, and I don't think it would cost much more to build and would surely be a lot less expensive to insure. — Retired Architect in Dayton, Ohio

Dear Dayton: We have no idea why people build homes with particular materials in places prone to fires, earthquakes, floods, hurricanes and other natural disasters. We assume it has to do with the cost, the use of natural materials and a specific preference for the aesthetics. If we hear anything different, we'll let you know.

Dear Annie: "Concerned Nana" was worried about her 4-year-old granddaughter's self-image because Mommy wanted her to watch what she ate so she wouldn't get heavy. You told Grandma to make little "Jill" feel loved no matter how she looked or what she ate.

Oh, come on! What message would we be sending little Jill with Grandma telling her she is just wonderful as she snarfs down a greasy burger and fries, knowing that this artery-clogging food will only cause bad long-term problems? It's not abuse to tell your child that you can get fat by eating too much. It's the truth. Do you think that being heavy is going to give this child a better self-image?

I'm in the health care profession and have come to the conclusion that in order to stop this obesity problem, we need to educate our children on proper eating habits. I'm sick and tired of seeing overweight parents feeding their overweight kids junk food. — Not Scared To Say the "F" Word

Dear Not: It's interesting how you chose to interpret our response, which specified that parents should teach their children healthy eating habits, and that children deserve to be loved regardless of what they eat. We'll stand by that. What we object to are parents who, in an obsessive effort to keep toddlers skinny, restrict their caloric intake in a way that stunts their height and health. Surely you would agree.

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

Sherbrooke Women's Connection

This Sherbrooke Women's Connection theme is "Dog Days of Summer."

Can you believe summer is half over? Only a few more weeks of the lazy, hazy, dog days of summer left. Why not attend our next Sherbrooke Women's Connection which is a part of Stonecroft Ministries Canada (stonecroftcanada.org).

Just last June, we enjoyed the Sun Hat Parade that even included some antique ones. Many wore some of their favourites and were given a chance to show them off. Brenda Bailey made cheerful centerpieces, which included a summer collection for refreshing ideas for the summer. They went like hot cakes! Ida Maegerlein sang while Beth Anderson accompanied her on piano. Our inspirational speaker, Cynthia Pohran who wears more than one hat, spoke on healing heart wounds. Through her words we found refreshment for our souls.

We will enjoy these "dog days" with our feature, Cheryl Powell. She will be sharing her experiences as a MIRA guide dog host family. She is expected to bring her most recent trainee dog with her. Come and help acclimatize the dog to large crowds. Our inspirational speaker, Kelly Deslauriers from Derby, Vermont

will share her "Summer Love Story". You won't want to miss this story of her journey to find God as a guide in her life. The music will be brought to us by Kelly's husband Kevin Deslauriers and friend Michelle Page.

The next get-together will be a perfect day to while away the remaining dog days of summer - we know fall will be upon us sooner than we'd like. Please join us for the fun, food, and door prizes. You're sure to meet old acquaintances and make new friends. Women of all ages are welcome to participate. It will be held at the A.N.A.F. (Army, Navy, Air Force Hall) also known as "The Hut", 300 St. Francis St., Sherbrooke. The cost is \$6. You can reserve a spot by contacting Pauline Goodenough at 819-563-1418 or sherbrookewc@yahoo.ca. Please feel free to join us even if you forgot to reserve, there's always room for one or two more. Hope to see you there!

Submitted by
Mary-Anne Black & Nadine Fafard



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.

"BH JCT'L THHJ LC HSL STNCTH BYC
BCKMJ VKT, GBWZ, CV IMN SBSN WI
YH DCKMJ." — ASZHG DVCZBHMM

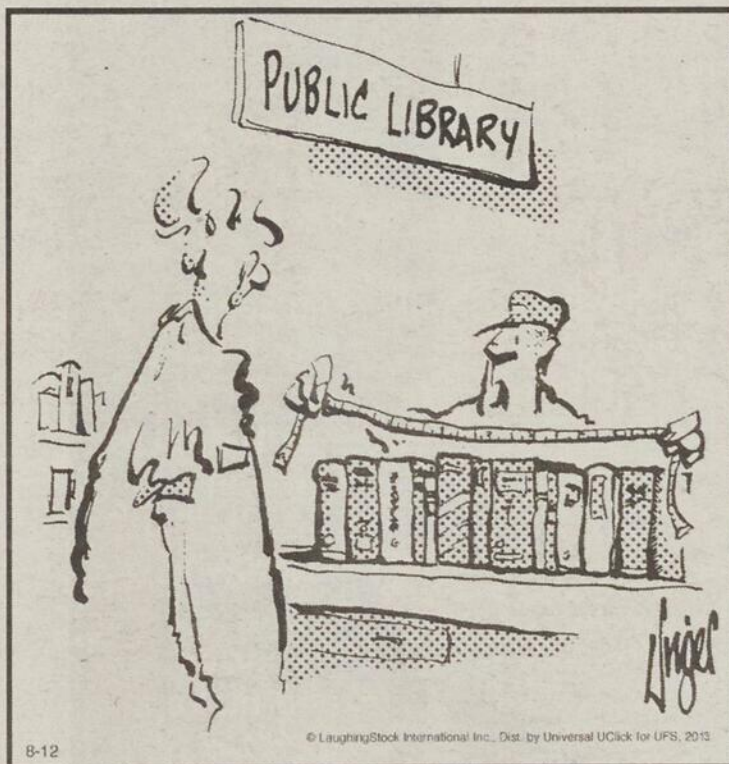
Previous Solution: "The curtain rises on a vast primitive wasteland, not unlike certain parts of New Jersey." — Woody Allen

TODAY'S CLUE: r sjenba v
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KIT N' CARLYLE



HERMAN

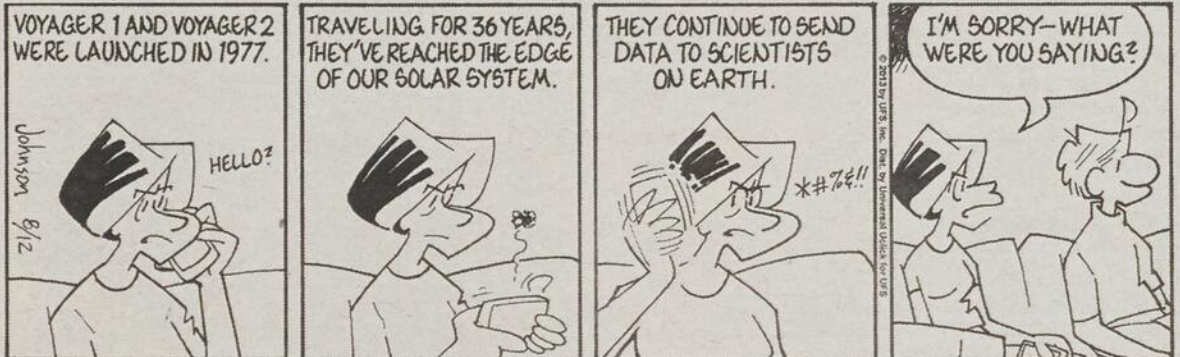


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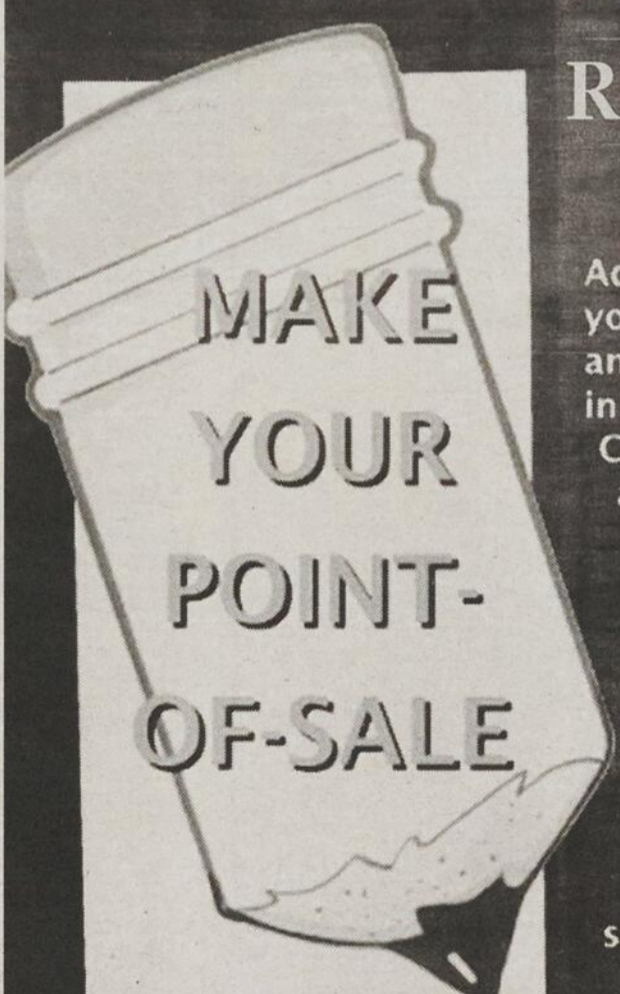
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Less Fuel. More Power. Great Value.™ is a comparison between the 2013 and the 2012 Chrysler Canada product lineups. 35 mpg or greater claim (8 L/100 km) based on 2013 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors - for comparison purposes only. See retailer for additional EnerGuide details. **Wise customers read the fine print:** †, ‡, §, ¶. The offers of this ad apply to retail deliveries of selected new models purchased from participating retailers between August 1 and September 3, 2013. Offers are subject to change and may be extended without notice. Price includes freight (\$1,695) and taxes on air conditioning (when applicable). No fees will be added to the all-inclusive prices of the advertised models. Price excludes license, insurance, duties on new tires (\$13) and applicable taxes, and will be required on purchase. A down payment may be required. Retailer order or trade may be necessary (when applicable). Retailer may sell or finance for less. See participating retailer for complete details and conditions. † Purchase Price applies to 2013 Dodge Dart SE (PF0H41 + 25A) - \$16,995 + 0% purchase financing rate for 36 months available on the new 2013 Dodge Dart SE (PF0H41 + 25A) to qualified customers on approved credit through Royal Bank of Canada, Scotiabank and TD Auto Finance. Examples: 2013 Dodge Dart SE (PF0H41 + 25A) with a Purchase Price of \$16,995 financed at a 0% rate for 36 months with \$0 down payment equals 78 bi-weekly payments of \$217.88, no cost of borrowing and a total obligation of \$16,995; 2013 Dodge Dart SE (PF0H41 + 25A) with a Purchase Price of \$16,995 financed at a 3.49% rate for 96 months with \$0 down payment equals 416 weekly payments of \$46.84, a cost of borrowing of \$2,490.44 and a total obligation of \$19,485.44. ** 2013 Dodge Dart GT (PF0S41 + 275) shown. Price: \$25,750. Models shown may differ slightly from the models commercialized in Canada. ‡ Based on 2013 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. 2013 Dodge Dart Aero model with 1.4 L turbo engine and manual transmission - 4.8 L/100 km hwy (7.3 L/100 km city). Your actual fuel consumption will vary based on powertrain, driving habits and other factors - for comparison purposes only. See retailer for additional information about the EnerGuide program. † 2013 Dodge Dart Aero model - Hwy: 4.8 L/100 km (59 mpg) and City: 7.3 L/100 km (45 mpg). 2013 Dodge Dart SE with optional Super fuel economy package and 2.0 L 16-valve SOHC, iVTEC® 4-cylinder automatic - Hwy: 5.2 L/100 km (54 mpg) and City: 7.2 L/100 km (39 mpg). 2013 Dodge Dart SE with optional Super fuel economy package and 2.0 L 16-valve SOHC, iVTEC® 4-cylinder automatic - Hwy: 5.2 L/100 km (54 mpg) and City: 7.2 L/100 km (39 mpg). 2013 Dodge Dart SE with optional Super fuel economy package and 2.0 L 16-valve SOHC, iVTEC® 4-cylinder automatic - Hwy: 5.2 L/100 km (54 mpg) and City: 7.2 L/100 km (39 mpg). 2013 Dodge Dart SE with optional Super fuel economy package and 2.0 L 16-valve SOHC, iVTEC® 4-cylinder automatic - Hwy: 5.2 L/100 km (54 mpg) and City: 7.2 L/100 km (39 mpg). † Star ratings are part of the U.S. Government's National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). ‡ Competitors' information obtained from Autodata, EnerGuide Canada and manufacturer's website as of July 26, 2013. †† SinusXMI logo is a registered trademark of SinusXMI Satellite Radio Inc. Jeep, is a registered trademark of Chrysler Group LLC, used under license. Chrysler • Jeep • Dodge • RAM Dealer Advertising Association



2013 Dodge Dart GT shown**



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	Dodge Dart 2013	Honda Civic 2013 ^o	Hyundai Elantra 2013 ^o	Toyota Corolla 2013 ^o	Ford Focus 2013 ^o
Best Available Highway Fuel Economy [†]	59 mpg	56 mpg	54 mpg	50 mpg	59 mpg
Standard Air Bags	10	6	6	6	7
Largest Available Touch-Screen Display	6.4 inches	< 7 inches	< 7 inches	< 7 inches	8 inches
Total Passenger Room (L)	2752.4	2678.0	2707.0	2568.0	2568.0
4-Wheel Disc Brakes	Standard	Available	Standard	N/A	Available
7-Inch TFT Display	Available	N/A	N/A	N/A	N/A
Projector Headlamps	Standard	N/A	N/A	N/A	Available

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