

# Ayer's Cliff clinic gets support

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THURSDAY, JANUARY 8, 2015

## Fluoridation still an ongoing issue in Richmond

By Myriam Beaulieu  
Special to The Record  
RICHMOND

While Richmond ratepayers voted strongly to discontinue fluoridating their drinking water last October, the discussion of when to actually turn off the switch is still ongoing.

The Town of Richmond has been adding fluorides to its drinking water since January 2010. Three years ago, some citizens, worried by the potential risks associated with fluorides, started to question the measure and asked town council to hold a public consultation on the matter. Eventually, a consultation was organised by the Town of Richmond and every citizen connected to the aqueduct was asked to vote last Oct. 19. The results showed that 76% of voters wanted the city to stop adding fluorides to their drinking water.

After the vote, most people assumed the water fluoridation saga in Richmond was finally coming to an end. The Town of Richmond then formally requested, from the Ministry of Health, the authority to stop fluoridation without undue penalty.

The Ministry has always claimed that Richmond could not proceed on its own because to implement fluoridation the town has received a grant which allowed major renovations to the pumping station.

More than two months have now passed and the Town has not yet received an official written answer from the Ministry.

Marylène Pronovost, spokesperson for the Citizens for Healthy Water in Richmond, a group opposed to water fluoridation regrets this situation.

The Town's general manager, Rémi Mayette, says that the confirmation was made by phone.

"We have no official written confirmation, but negotiation was done verbally.

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## Canada Games leave a \$2.2M legacy

Host society celebrates games' contributions



GORDON LAMBIE

2013 Canada Games President Tom Allen (left) and city councillor Bruno Vachon pose with the \$2.2 million cheque the games delivered to the Games' legacy fund.

By Gordon Lambie  
SHERBROOKE

With the 2015 Canada Winter Games in Prince George just over one month away, representatives of the city of Sherbrooke, the province of Quebec, and the host society of the Sherbrooke 2013 Canada Games gathered together at City Hall on Tuesday night to toast a job well done and celebrate one final parting gift of the Games' legacy fund: the contribution of \$2.2 million to sports initiatives in the City of Sherbrooke.

"The games are over, but for us at the legacy committee, the work has just begun," said city councillor Bruno

Vachon, speaking in his capacity as President of the Canada Summer Games Sherbrooke 2013 Legacy committee.

Vachon said that the plans for the massive financial contribution have yet to be completely solidified, but that there would be a public announcement in short order to identify the projects that are being considered.

"One thing is certain; these funds will be used to develop and maintain a strong sports culture in Sherbrooke."

Tom Allen, President of the 2013 games in Sherbrooke, called the legacy donation a historic moment not just for the Sherbrooke games, but for the Canada Games as a whole owing to the

fact that the Legacy fund was originally meant to be \$1 million.

Allen explained that it was as a result of the hard work of the Sherbrooke team and the events' great financial and organizational successes that the fund was able to be more than doubled.

"Never before has a host society been able to present such a good financial report; \$165.5 million in economic returns for Quebec, and \$110.5 million for Sherbrooke and the surrounding area," Vachon said.

"What else can we say but, wow! What an accomplishment."

CONT'D ON PAGE 4

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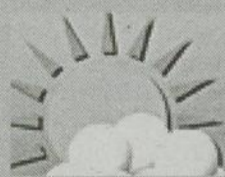
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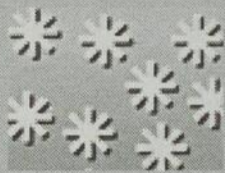
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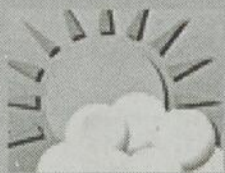


TODAY: MAINLY SUNNY  
HIGH -16  
LOW -16  
SUNRISE: 7:27  
SUNSET: 4:22



FRIDAY: PERIODS OF SNOW

HIGH -6  
LOW -16



SATURDAY: MIX OF SUN AND CLOUD

HIGH -13  
LOW -19



SUNDAY: 60% CHANCE OF FLURRIES

HIGH -8  
LOW -16



MONDAY: MIX OF SUN AND CLOUD

HIGH -7  
LOW -12

# Flu season is peaking in much of Canada; the sick should head to bed

By Helen Branswell  
The Canadian Press  
TORONTO

It's official — flu season is in full swing in many parts of Canada. Health authorities were warning all fall that this could be a bad flu season, because of the type of virus that is most commonly infecting people and the fact that this year's flu vaccine doesn't offer optimum protection against it.

Other viruses are circulating too, adding to the general confusion about what influenza actually is and how much of the illness being seen at the moment is due to flu viruses.

We asked some experts to explain what they are seeing this flu season:

Question: Is this year worse than other recent years?

This seems to be shaping up to be a pretty active influenza season.

It started early, with a lot of virus around in December.

Flu seasons that start to pick up before Christmas can take off, because the multi-generational mixing at family gatherings is a perfect way for influenza to transmit from toddlers and tykes to grandmas and grandpas — and mums and dads as well.

But when flu peaks over the holidays, a few factors can combine to make it seem like there is a lot of it around.

Family doctors may work reduced hours, so people who do seek medical care may turn to hospital emergency departments. Or people who get sick when they are away from home visiting family may have to go to an emergency room because they don't have a local doctor.

Hospitals operate with reduced staffing levels over the holidays — doctors and nurses want time off too — so it doesn't take much to stress the system, suggests infectious diseases expert Dr. Allison McGeer.

McGeer, who heads infection control at Toronto's Mount Sinai Hospital, says so far this year influenza rates seem to be on a par with last year's, though the season peaked a little later in 2013-14.

The numbers are worse than two years ago, but better than three seasons ago in terms of hospital admissions for influenza thus far, she says.

"So yeah, it's a busy year."

Question: Is there something different about this flu season? Isn't there a virus circulating that isn't in the flu vaccine?

Almost all the influenza illness in Canada to date this year has been caused by a family of influenza A viruses called H3N2. When those viruses dominate, doctors expect a severe flu season. For reasons that aren't fully understood, H3N2 viruses are really hard on the elderly.

The flu shot has an H3N2 component in it; it does every year. But when experts met last February to select the strains for this year's flu shot, a particular type of H3N2 was dominant. Since then, new varieties have emerged and they are different enough from the vaccine virus that it is assumed the flu shot will only offer modest protection against them.

Even in the best years, flu vaccine doesn't offer complete protection. Some people who get a shot will still get sick. In a year like this one, when there is a mismatch between the circulating viruses and the vaccine virus, you would expect to see more infections in vaccinated people.

But that's not the biggest driver of flu infections this year. After all, most people in Canada don't get a flu shot. Most years fewer than one in three people are vaccinated against flu.

For the unvaccinated, the changes in the H3N2 viruses mean they too are more likely to get sick this year. The antibodies their immune systems would have generated after previous bouts of influenza won't protect as well against the new viruses.

In fact, the unvaccinated people actually make up the bulk of what influenza expert Dr. Danuta Skowronski describes as "a tidal wave" of flu activity the medical system is seeing this year.

Question: So a vaccine mismatch doesn't mean these viruses are more dangerous?

In a word, no.

H3N2 viruses are especially hard on a vulnerable portion of the population, older adults. And the ones circulating now are different enough that more people may be at risk of getting infected.

But the viruses aren't inherently more dangerous.

Question: How do I know if I have the flu?

Most people who contract influenza don't get sick enough to need medical care. And most of those who do see a doctor are not actually tested — the diagnosis is made based on symptoms.

It can be easy to mistake an infection

caused by one of the multitude of other cold-causing respiratory viruses for influenza.

But there are some classic symptoms that can help you figure out if what you have is influenza, says Skowronski, who is with the British Columbia Centre for Disease Control.

For starters, flu comes on abruptly.

"You go from feeling well to feeling like death warmed over within a few hours," Skowronski explains.

Most people who have influenza will have a fever, which is part of the immune system's response to infection. Senior citizens may not, because their immune systems are not as effective as they were when they were younger.

Muscle aches and lethargy are also classic features of influenza.

"With other things like rhinovirus, you kind of feel under the weather. You've got a runny nose or a sore throat or congestion. But you can push on with your day," Skowronski says.

"With influenza you feel completely depleted. You feel really like the energy has been sucked out of you. And you need to take to bed."

Question: If I have the flu, what should I do?

You probably won't have much choice. The only place you'll want to be is in bed.

Skowronski prescribes rest and rehydration, to replace the fluids you lose through sweating out the fever. Most people will come through a bout of flu without any problems and without the need for medical help, she says.

"It's miserable illness. It's nasty.... But they're going to recover fully without any intervention. They should stay home so they're not clogging the medical care system for those who actually truly do need it — which are the high risks (groups)."

Give yourself time to recover, she says. And taking yourself out of circulation contributes to limiting the spread of influenza viruses.

People with flu are most infectious when they have the most symptoms. If you are sneezing and coughing at work or on public transit at that point, the people sharing those spaces with you won't appreciate the fact you are trying to soldier through your illness.

The period of contagiousness lasts for about five days after the peak of symptoms, she says.

"That's why we say: 'Fever and cough, take the week off.'"

## Ben by Daniel Shelton



# LOCAL NEWS

"There are a lot of things happening, and they are all good things," said Ed Pomykala, a member of the volunteer committee.

## Community remains supportive of co-op clinic despite lack of clear opening date

By Gordon Lambie  
AYERS'S CLIFF

The Massawippi Valley Health Centre received a \$45,000 financial contribution from the Caisses Desjardins on Wednesday. Though the organizing committee hailed the support as a contribution that will help to guarantee the longevity to the cooperative health clinic when it eventually opens, they could offer no clearer sense of when the 750 members signed up to date can expect to start taking advantage of the clinic's services.

"We do not have an exact date," said Carol Mooney, president of the MVHC, restating the fact that the clinic is waiting on confirmation from a second doctor. Though she initially stated as a part of the presentation that the clinic

would open its doors in "a few weeks," Mooney later admitted that the whole process would likely take "more than a few weeks," owing to the time needed to train and secure the equipment necessary to engage in the clinic's work.

She was not able to be more specific about the timeline for an opening of the much-anticipated medical centre, though she and other members of the clinic's board emphasized confidence in the process moving forward and excitement

about the progress that continues to be made in securing the medical staff needed to open.

"There are cabinets and things that are here that were not installed a week ago; Things are really moving along fast," she said. "As soon as we get that second doctor, they will move faster."

"There are a lot of things happening, and they are all good things," said Ed Pomykala, a member of the volunteer committee. "We just want to do this right."

Mooney said that aside from the verbal confirmation of one doctor, the MVHC has a full-time and part-time nurse signed on as well as a secretary and a number of specialists who are on board to offer services to members through the clinic when it opens.

Alec Van Zuiden, mayor of Ayer's Cliff, added his voice to those supporting the clinic.

"This is really a community effort. We're talking about volunteers here, and that's very encouraging," the Mayor said, putting great emphasis on the vision and planning work that has gone into getting the MVHC project as far as it has come. "It's amazing, it's exciting. I don't think there's a week that goes by that people don't ask about it."

"The mission of the (MVHC) is to support preventative and wellness services in addition to primary medical care,"

Pomykala said, to emphasize the significance of the clinic's expected impact. "It is the first community-owned health centre to be established in the Massawippi valley and is supported by 10 municipalities in the surrounding area."

"The key word here is 'preventative,' and that is right in line with what Premier Philippe Couillard wants to accomplish," Van Zuiden added.

On the \$45,000 contribution from the local caisses, Mooney said that the ongoing support of the business community is vital to the project's success.

"The need for a health centre such as the MVHC is widely known," Mooney said. "We are delighted that our application for financial support has been favourably received."

"Today the need for healthcare services is great, both when it comes to primary care and prevention," Danielle Bolduc, president of the Lac Memphrémagog Desjardins which made the contribution along with the des Verts Sommets Caisse which is based in and around Coaticook. "The establishment of a cooperative offering these services, therefore, presents a solution adapted to the needs of our community."

The local Desjardins president said that the credit union is committed to working in ways that improve quality of life in the community and is thus very supportive of the MVHC project.



GORDON LAMBIE

The Massawippi Valley Health Centre received \$45,000 from the Caisses Desjardins yesterday.

## St. Francis Manor latest to impose flu restrictions

By Gordon Lambie  
LENOXVILLE

In a climate of growing concern over a flu season that is proving more serious than usual, the St. Francis Manor in Lennoxville is asking its residents to limit their movements, and suggesting that visitors stay home lest they accidentally serve as agents of contagion.

"It's not a complete quarantine," said Manor director general Vincent Fauteux, "we've just asked people to stay in their apartments."

The H&N Residence in Granby imposed a more serious form of the same restriction before Christmas when that home was hit hard by the flu, but Fauteux said that the Manor's actions are a preventative measure, not a crisis. Though there are currently "a few cases" of the flu at the home, he said that life could still continue almost as usual.

Asked about the manor's policy on visitors, given the preventative measures, the director general said that they are erring on the side of caution.

"We encourage people not to visit right now, but the door is not locked," Fauteux said, clarifying that visitors who do come will be given masks to try to limit the spread of infections.

The CHUS, Sherbrooke's university hospital, made the decision to limit the number of visitors to patients in mid-December in anticipation of a stronger-than usual flu season with a late peak. Cowansville's BMP Hospital banned visitors outright on Tuesday in an effort to curb the outbreak.



### Centre de recherche du CHUS Expansion

Did you know that the CHUS' research centre, the Centre de recherche du CHUS or CRCHUS, is among Quebec's five largest research centres and that it has the good fortune of having 224 researchers, 571 students, and 173 research staff working on more than 850 active research projects?

Having financially supported the expansion of the Centre de recherche through a contribution of \$ 6.5 Million, the CHUS Foundation is proud to have played a role in innovative scientific and technological leadership at the regional, national, and international levels.

Since this donation was made, the Centre de recherche's surface area has doubled. It now has 14 000 m2 devoted to research.



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# Canada Games

CONT'D FROM PAGE 1

The organizing committee took the time to highlight the Sherbrooke Games having won Event of the Year for 2014 by the Canadian Tourism Awards. Lynn Blouin, communications director for the Sherbrooke Games, joked that the games would be unforgettable in the city for the size of its trophy case alone.

She pointed out that on top of the tourism award the games raked in a large number of other recognitions and prizes for its many innovative initiatives.

"Your efforts have come to fruition today," Allen said to the members of the Canada Games' staff that were present in recognition of the huge amounts of work they put into making the event a success.

Before concluding Tuesday night's ceremony, Blouin also kicked off the flag relay for the 2015 Games.

According to Blouin, the special Canada Games Flag unveiled at the ceremony will travel though every former host community on its way to Prince George for the start of the 2015 games on Feb. 13.

# Richmond water

CONT'D FROM PAGE 1

For us, this matter is settled and we will stop adding fluorides in drinking water on March 26."

The apparent agreement between the Town of Richmond and the Ministry of Health, (which seems to have never been signed but to which both the Town and the Ministry keep referring), states the following: "The Town may terminate fluoridation without prior agreement with the [Ministry]. In the case of a disagreement with the [Ministry], the Town may stop the fluoridation unilaterally by refunding the MSSS at the following rates: 0-5 years, 80 per cent of costs, 6-10 years, 50 per cent of costs, 10-20 years, 25 per cent of the cost after 20 years: no penalty."

According to the citizens' group, since fluoridation began in January 2010, the penalty should drop to 50 per cent by January 2015. However, the Ministry claims that the months of January to March 2010 do not count because this is the period of

time during which the concentration of fluorides was being adjusted. It then might not have been constantly at 0.7 milligrams per litre.

"We think this requirement from the Ministry has no legal basis," said Pronovost. "We feel that the Ministry is playing with words and is using its power to punish a population that dared oppose a non-consensual medical treatment. Moreover, the Parliamentary Committee on fluoridation has clearly mentioned that social acceptability must be considered. The public should have been informed of all risks and all the clauses of the agreement prior to the introduction of fluoridation. In this case, the Ministry has miserably failed in its duty to provide information to citizens. The least the [Ministry] should do now, is to respect the terms of the agreement with the Town."

Other cities in the country have also recently decided to stop fluoridation. La Prairie, and Prince George, B.C. will stop adding fluorides to their drinking water this January.

# 2015 Hyundai Sonata Ultimate 2.0T



A lot of car for a little coin

**123**  
**auto**  
**.com**  
By Miranda Lightstone

Stigmas are a terrible, horrible thing. Personally, I try my best not to let them influence me in life. I like to make my own judgments, my own calls. If something is truly awful, poorly built or inadequate, I'll make that decision on my own. So, when a company like Hyundai does its very best to squash any and all stigmas and stereotypes created about their brand (read: cheap, unreliable, bad quality), it takes a public that's willing to embrace the evolution and see it for what it really is.

And I do.

Hyundai strengthened its name and company image immensely over the past few years, and its latest iteration of the Sonata is further proof of that. Loaded to the gills with technological gadgetry and amenities, the Ultimate 2.0T is just that: ultimate.

### The 7-year itch

Relationships are said to go through a bit of a rough patch at the 7-year mark. Well, Hyundai has turned the itch into a bite and taken one out of the auto industry with its 7th generation Sonata (see what I did there? Clever, I know).

In 2011, the Sonata took on the modern look and design of today's model (with the 2015 seeing a few more futuristic updates and tweaks), and thankfully so. Standing out from the crowd is something you absolutely need to do in the midsize sedan segment,

and the Hyundai Sonata does that quite well.

Decked out in Phoenix Orange with chromed 18" alloy wheels and subsequent matching chrome exterior accents, along with interior touches such as heated leather front and rear seats, orange piping and "turbo" badge on the front seatbacks to match the orange exterior, a leather-wrapped steering wheel, and even manual sunshades in the back windows; the 2015 Hyundai Sonata is a looker dressed to the nines for aesthetics and practicality.

Seating was super comfortable up front, and my son had a heap of room in the back to stretch his legs out (even with a front-seat passenger) and the roofline is also high and airy.

Equipped with a panoramic sunroof, the Ultimate 2.0T's interior is so open and light. My son and I absolutely loved how large it all seemed without being that physically big at all. Just comfortable and open.

### Turbo goodness

Part of the 2015 Hyundai Sonata Ultimate 2.0T's appeal lies mostly in what lurks beneath the hood: a 2.0L Turbo GDI. The twin-scroll turbocharged mill produces 245 horsepower and 260 lb-ft of torque - healthy numbers for a vehicle in its class, and just enough to give the Sonata a good amount of oomph when on the road. It's not blisteringly quick, but it is feisty enough to get the job done when asked.

Of note: The 2015 Hyundai Sonata Ultimate did not appreciate our dropping exterior temperatures. Like the Hyundai Santa Fe we long-term tested last year, the lower temps cause it to be a bit temperamental. At idle, the Sonata sounded almost like a diesel, and a strange whirring noise ensued under acceleration until every-

thing had properly warmed up.

Despite all that, the 6-speed automatic transmission with SHIFTRONIC is smooth and performs well. Never jerky, never starved for a gear, the Hyundai Sonata is a pleasure to drive. I never wished for more power or better response, the Sonata always gave me precisely what I asked.

### Loaded to the gills

And here's the thing; the 2015 Hyundai Sonata Ultimate 2.0T isn't just a joy to drive, it's also a joy to own. With a starting price under \$35k as tested (excluding freight and delivery), this vehicle is so full of bits and bobs to keep you safe/entertained and happy that you'll feel as if you're driving a much pricier automobile.

From walk-up welcome lights that detect the key fob and illuminate to greet you to an 8" touchscreen (that may be one of the best onboard systems I've ever used) to front collision warning and land departure warning (unlike the Genesis, the Sonata will not keep you in your lane and "drive" for you, but it will put up a fuss when you drift), this thing's got it all.

The quality is there, too. It's not like this thing is thrown together in a jumble, it's well crafted with tight seals and soft-touch material. The interior is a pleasing and inviting place to be. The buttons feel solid, and the design is modern and practical. There really is quite a lot to like about the 2015 Hyundai Sonata Ultimate 2.0T.

### How does it stack up?

With competition in some pretty big names like the Honda Accord and the brand new Toyota Camry, the 2015 Hyundai Sonata actually stands shoulder to shoulder with them (in my opinion). Here's a company that used to be seen as a bit of an underdog, but I think they've just graduated to the cat's meow.

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# The Border Report

"We have this romantic feeling about farming. We don't often hear about the hardships."

## Fellgarth Farm full of surprises

By Matthew McCully  
Special to The Record  
HATLEY TOWNSHIP

The trip down Route 143 is a familiar one for many Townshipers. There are the familiar landmarks, the hills, the turns, and the many pastures and crop rows to count between Lennoxville and Stanstead.

This reporter, for over a year now, has passed a sign, Fellgarth Farm, each week on the way to Stanstead, and finally got a glimpse of the story behind the familiar landmark.

The introduction to Fellgarth Farm via social media read as follows:

"It has been many days since I updated this blog/Facebook page. In short, my husband fell off the barn roof in early fall, we had a soy crop failure which everyone and their dog has an opinion on, oh and our dog Alfalfa got run over."

That was just one example of the posts shared on the Fellgarth Farm Facebook page. The posts are written by wife and farm partner Jane, who uses the page as an outlet to inform people about life on an organic farm and share her experiences.

Jane's posts are candid and honest, and whether reporting a success or a failure, her passion for farming is apparent.

"But now we are in to the New Year and we survived it," her Jan. 4 post went on to say. "We survived it because of friends, family and community."

Jane took a short break to speak with *The Record* and discuss her decision to blog.

The Fellgarth Farm has been around for over 40 years, according to Jane. Originally from B.C., Jane came to the area to study at Bishop's University.

While in the area, she met and married Alex Fellgarth, and became a partner on the farm.

"It's one farm, one business, two families," she said, explaining that Alex's parents are still involved in the business.

"It just required a lot of trips to the notary."

While Jane is from Dawson Creek and no stranger to harsh winters and some exposure to farming, her full immersion into farm life started four years ago.

"It's like having a newborn baby that never stops being a newborn," she said. "This was a career choice that is different than most of the friends I went to school with. It's your whole life. You live and breathe it," she said.

Jane completed a degree in political studies before becoming a full-time farmer.

"Twin calves born, one dead. The girl is alive and well and mother is good. The children were there and watched the whole process. It was intense and exciting all at once," posted Jane on July 13, 2014.

Simple and to the point, but also an eye-opener for the non-farmer to see the ups and downs of farm life.

"I've learned how to give needles. I've learned how to castrate," Jane said.

"I don't think people realize how much paperwork is involved in farming, it's wild."

The 344-hectare (850-acre) Fellgarth operation maintains a beef herd, a small dairy herd, chickens and meat birds, and also sells vegetables and various crops seasonally.

The farm is certified organic by Ecocert.

"This year, we had the best inspection we've ever had," Jane said, adding that organic certification is extremely important

to the family, despite the \$700 hike in certification fees this year.

The learning curve is steep, according to Jane, who explained the strict rules surrounding medicating animals. Once an unapproved medication is used, an animal is no longer certified, but the onus is on the farmer to report what was done, and also to continue covering the costs of feeding and bedding the animal until it can be sold to a slaughterhouse or a conventional farmer, at a price lower than a certified animal would be worth.

"To have success, you have to know what to use. You need to have your tool kit ready," she said.

Vet expenses for the farm were close to \$2,500 last year, according to Jane. "We really observe our cattle, we take care of them."

What is a typical work emergency for the average person? Didn't meet a deadline, forgot to send an email, big rush in the restaurant?

How about this:

"The last three days have been very stressful for Alex and I. Eight of our steers escaped from our barn and crossed the busy highway we live beside. The night they got out these wonderfully kind men stopped and got their boots and some ropes to help us. This made it worse and we pushed them into the woods." (Sept. 14, 2014.)

The post goes on to describe several days of trying to corral the steers, worried about traffic on Route 143, with the farm being on a blind hill.

"Nobody wanted to be responsible," Jane said, adding that the police and Transport Quebec would not get involved, despite the obvious dangers posed by cattle roaming near a

highway.

Eventually, after four days, all eight steer were accounted for safely. A neighbour was not so lucky, according to Jane, who said a short time after her cattle escaped, a neighbouring farm had a cow get loose, and was hit by a car.

"Everything you do stops," Jane said, when there is a problem with an animal. She described a situation last year where two calves went out in the cold and got frostbite.

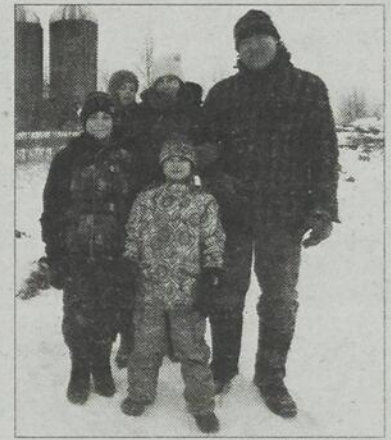
"For four months, one of them needed daily footbaths with Epsom salts," she said. "With things like that, it's more time added onto normal chores."

August 10, 2014:

"The thing about farming is it continually humbles you. Just when you feel like you got it all organized and you can relax and bask in some sunlight something happens to remind you of the delicate, raw ways of mother nature. We woke up to our calf Summer dead in the grass. We are unclear as to what it was, perhaps a reaction to her vaccinations, an underlying problem outside of our control, something we missed. But you must make the best of it and move on. These are the moments we wonder why we continue to farm."

"We have this romantic feeling about farming. We don't often hear about the hardships," Jane said, explaining her motivation to continue with the Facebook posts. In fairness, she is also happy to share her successes.

"One of the highlights of being a farmer is showing your hard work with other farmer's. Yesterday I won 1st place with my carrots, 2nd, 3rd and 4th with my flower arrangements and 4th for my chocolate cake."



MATTHEW MCCULLY

The Fellgarth family (Alex, Jane, Sebastien, Charlotte and Annabeth) pose outside their farm in Hatley Township.

(part of a post from Aug. 23, 2014)

Winter is planning time for Fellgarth Farm, according to Jane. Machinery is being repaired, seed suppliers are being contacted, and a fair bit of nesting is taking place, as Jane is expecting a baby in a few months.

That doesn't mean they can let their guard down.

"One day we decided to have a lazy morning," she said, so the family slept in a few extra minutes before heading out to feed the cows. They arrived at the barn to find the silo unloader and other equipment frozen. "We had to get heaters and torches," she said, a dilemma which nullified their extra resting time.

Jane plans on refocusing her upcoming posts. "It will be the year of the garden," she said, since she will likely be closer to home than usual this summer with the new baby.

Follow Jane's farming adventures on Facebook by searching Fellgarth Farm. Visit the website [www.fellgarthfarm.com](http://www.fellgarthfarm.com) for details about the farm and products available.

### FRONTIER ANIMAL SOCIETY

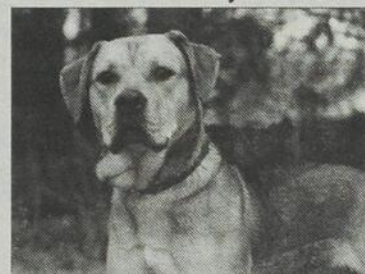
Napoleon is an absolutely stunning American Bulldog/lab mix (maybe with a hint of shepherd) who may look somewhat imposing but is really a very good natured and friendly dog. He is approximately one year old.

Napoleon is happiest when he is out and about and loves being with people. He doesn't care where you're going, if he can tag along he is thrilled. Napoleon thrives on attention and affection and we imagine that once he moves out of the shelter and into his new home he'll be a great snuggle buddy and a wonderful and devoted companion. We are told that he is calm and well behaved in the

house and likes to stay close to his "humans."

So while Napoleon is a terrific dog, given his "canine legacy" he also possesses great strength, tenacity and determination. As such he needs an adopter who will provide him with a structured environment and who will give him the exercise and attention that he needs both physically and mentally. A fenced in yard is a real plus as he likes to run and play and chase his ball. Napoleon will greatly benefit from some basic training particularly on the leash but he is smart, focused and listens well so with the right guidance he will learn quickly. He already sits like a

### Napoleon is a dynamite dog!



champ.

Napoleon generally gets along quite well with female dogs but is not great with other males especially in the kennel environment. As it stands, he is not a dog park dog. He has tested well with the cats in our colony but he strikes us as the type of dog who will chase if the cat runs so dog savvy cats

are best and, as with any new dog, a careful introduction is key.

Napoleon's ideal adopter is someone who is dog experienced and who is willing and able to give him the time he needs to learn the ropes.

If you are interested in finding out more about Napoleon, please send an email to [frontieranimalsociety@gmail.com](mailto:frontieranimalsociety@gmail.com) or give our adoption coordinator Brenda a call at 819-876-7747. You can call any day of the week between 8 a.m and 8 p.m.



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# EDITORIAL

We have a well established two-tier system of health care and it has nothing to do with the alarm over government funded versus private pay options.

## Two-tiered health care



TIM BELFORD

"It was the best of times, it was the worst of times..."

Of course Charles Dickens was referring to Paris and London in the era of the French revolution in his wonderful novel *A Tale of Two Cities* but, as I recently found out, the quote fits Quebec's health care system just as well.

Over the last month I've been part of the system on two separate occasions and for distinctly different reasons. What I've discovered is that we have a well established two-tier system of health care and it has nothing to do with the alarm over government funded versus private pay options. First, "the best of times."

Several months ago I started to experience a mild discomfort when I walked up hill or chased the dog around the yard. There was no pain, just a tenseness in my chest that would usually go away after a while. Thankfully, I have had parents that collectively suffered pretty well all the major afflictions of modern medicines so I recognized this, from my father's description, as possible angina.

A visit to my GP resulted in his suggestion I undertake a stress test. He'd book it but said I should be prepared for a wait of several weeks. This was Friday. Tuesday I got a call saying I should come in on Wednesday.

The stress test went well despite the nurse's insistence that I describe the pain. I assured her there was none. She upped the speed and increased the elevation of the treadmill. This time she asked, "On a scale of 10, how's the pain?" I pointed out that there was none and that the question was silly since I had no point of comparison. When I suggested that she should have punch me

in the nose before we started and indicated that that was indeed a ten so I had something to work from, she merely shook her head.

To make a long story indeed shorter, the heart specialist explained there was a blockage of some sort and that I needed an angiogram to tell how bad it was. He'd book the appointment but warned there would be a several week wait. That was Wednesday.

The next day I got a call asking me to appear for the pre-angiogram appointment on Friday. This was followed in quick succession by the actual angiogram, the installation of a stent in my left descending something or other and my release from the hospital. Total elapsed time from complaint to heart treatment, just three weeks.

The "worst of times" was a little different.

Between Christmas and New Year's I developed a severe pain in my right shoulder. It quickly spread to my left shoulder and then to my right ankle. Though not as bad as a kidney stone (see previous column) it ranked right up there with the many broken bones, sprains and strains I have incurred over the years. The seriousness of the problem became clear when the main caregiver in the house had to help me get into bed.

By 1 a.m. I was settled into the emergency room of the Hotel Dieu along with about 65 other sufferers. I finally saw a doctor at 10 a.m. After an initial examination, blood tests, shoulder x-rays and an electro cardiogram I was diagnosed, treated and sent home. Total elapsed time: 14 hours. A long time when you're in pain.

Now, I wasn't the only one suffering, nor the worst case, and things would have been better if there had been fewer non-emergency cases to deal with but most of the people there had nowhere else to go. It was 1 a.m. on a Monday between holidays. Many didn't have a family doctor and if they did the next appointment would likely have been in June.

The two doctors on call had to deal with ambulance cases first, and there were many, and the third doctor, who arrived at ten, had a backlog of 50 or so patients, all frustrated, angry and tired.

What did I learn?

The bottom line is that if you have a serious problem we have an excellent health care system. If you have a non-life

threatening problem, as painful as it might be, the system leaves much to be desired.

There's got to be a better way.



ROSS MURRAY

## Le stuff, c'est moi

I had been reading a collection of essays by Nick Hornby, one of my favourite writers. He was talking about the sheer accessibility of Internet music, and, by extension, the elimination of the need to purchase a single bit of it.

"If the music I like stays out there in cyberspace, as it does on Spotify, then somehow it cannot indicate character and taste in the same way [as owning it]," Hornby wrote, "although I doubt that younger generations will feel like this, and good luck to them."

Yes, yes, so true, I thought, that's exactly what I think. I'm just like Nick Hornby. And I was moved to paste the quote on my Facebook wall.

Minutes later, my eldest daughter chimed in: "This need to own things in order to indicate character and taste is why younger generations need luck."

She's right, of course. A smart-ass, but right. For generations, we have defined ourselves by the stuff we own. When civilization was first established, people owned a horse for travel and labour. Today, I can't think of anything quite so impractical as owning a horse. It's like owning a pleasure boat, except slower and not so good on a lake. You own a horse because a horse is fun and defines you as a salt-of-the-earth country type who can afford stabling fees.

We own things not simply to survive but sometimes just because. The post-Christmas hangover is a good time to look at this proliferation of stuff, much of which we really don't need, a lot of which is plain crap. The only purpose it serves is to define who we are, both as givers and getters.

For example, I bought my wife a corkscrew for Christmas because that's the crazy romantic I am. Like a horse in the middle age, a corkscrew is necessary for survival. Any argument? No, didn't think so.

But it wasn't enough for me to purchase a basic twist-in/lever-out corkscrew. The one I found was fancy! It had a ratchet arm that you used to ease the cork out of the bottle. Just pump, pump, pop! Rather than simply getting

to the wine (survival), it was equally important to do so with style (identity).

The problem was that the corkscrew was so poorly designed that the ratchet couldn't overcome the resistance of the cork without slipping, rendering the corkscrew impractical and virtually useless. In short, the corkscrew was a piece of ratchet.

Fortunately, we own a simply designed backup corkscrew. All is well.

Another example: If ever there was something no one really needs (besides a horse), it's fabric softener dryer sheets. Somewhere along the way we decided that woven cotton wasn't soft enough. But to itch his own. And I immediately regret that pun.

But it isn't enough to have dryer sheets — sickly scented, toxic dryer sheets, but, hey, I don't want to cause any static. (That's IT!) We need to define ourselves by the type of dryer sheet we use.

Apparently, if you're a man, you shouldn't be using any old floral-scented dryer sheets, not because they're wasteful and bad for your clothes. No, because they're not manly enough. How do I know this? Because the other day I came across Bounce For Men: dryer sheets "For Men and Those Who Smell Them." You know what else is for men and those who smell them? Showers.

Instead of flowers on the label, the package depicted a football. I don't know if you've ever smelled a football; it doesn't smell that great. Balls generally don't, and you knew I was going to go there, didn't you?

Regardless, the message is that, as a man, your identity is on the line if you don't use the product targeted to your masculinity.

What this really means is that Axedrenched teenage boys around the world are yelling, "Mom! You made my clothes smell like girls again! I want manly, super-soft, cuddly clothes. So you need to do two loads of laundry, Mom!" Bounce for Men is a bad day all around for gender politics.

Dove for Men, Nivea for Men, Head & Shoulders for Men (it doesn't just fight dandruff; it gets into a drunken brawl with dandruff). And we fall for it. We let all this stuff define us.

Perhaps with my smartypants daughter's generation, this identity consumerism will end, and with it all the waste and needless crap. Self-identity, of course, is part of human nature. If not with stuff, how will future generations indicate character and taste? Probably by posting brainy quotes on social media.

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# Local Sports

The league title is only route to the CIS Final 8 for either the Redmen or the Gaiters.

## Gaiters return to league play tonight

By John Edwards  
LENNOXVILLE

The Bishop's Gaiters basketball teams get back into regular-season play today, as they have a home-and-home set with McGill.

The teams play tonight in Montreal, with the return match on Saturday night in Lennoxville, the Gaiters' first home action of the season. On both nights, the women's game will tip off at 6 p.m., with the men's game following at 8 p.m.

For Rod Gilpin's men's squad, the

pair of games will provide an early indication of whether Bishop's will be able to finally overtake McGill and avenge their defeats in the past two league championship games.

Bishop's sits atop the league with a 3-1 record, while McGill is a game back at 2-2, along with Laval and UQAM.

The Gaiters will be happy to see the end of non-conference play, as they have gone winless outside the league, most recently falling twice to Ryerson and once to Mohawk College in Toronto.

While the non-conference games have been a struggle, it is league play

that matters for Bishop's. No Quebec team has appeared in the CIS Top 10 so far this season, making it clear that the league title is only route to the CIS Final 8 for either the Redmen or the Gaiters.

The teams last met two months ago in Montreal, where a three-pointer by Majid Naji in the dying seconds gave the Gaiters a 60-59 win.

On the other side, the women face a tough task if they are to end their 36-game regular-season winless streak and pick up their first win in conference play since Feb. 24, 2012.

The Martlets come into the game un-

defeated in league play at 4-0 (10-2 overall), and ranked No. 3 in the country.

When the teams first met back in November, the Gaiters (0-4, 1-11) led by as many as seven points early before McGill broke the game open in the second half and cruised to the 67-39 victory.

The Gaiters dropped two games at last week's Concordia tournament, 64-56 to Queen's and 84-33 to McMaster.

Head Coach Alex Perno will be looking for improvement at both ends of the floor, as the Gaiters are 46th in the country in both offence (35.2 points per game) and defence (76.5 ppg).

## Top 10 motivational quotes to inspire you for any activity in 2015



### A RUNNER'S MIND

CHRISTINE BLANCHETTE

**A** New Year marks a new beginning and making that New Year's resolution or perhaps a few of them is on the minds of many. Your resolution may be to lose weight, quit smoking, or start running or exercising. Whatever your goals are, here are some inspirational quotes to hopefully get you there from well known authors, elite athletes and celebrities of which I had the distinct pleasure to interview during the past year:

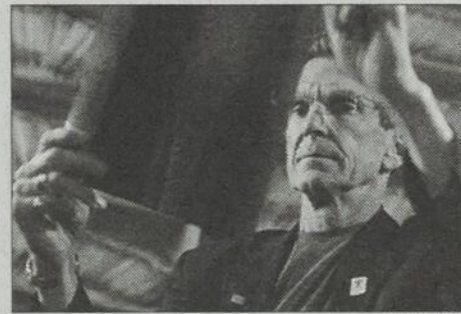
Bif Naked - International recording artist, author and runner: "Presence is the ability to be present in the very moment you are in: when you walk, just walk...when you eat, just eat....and when you are tired, happily go lay down."

Doug Milne, Communications Manager for the PGA Tour: "Exercise is like a game of dominoes. With regular exer-

cise, one's body takes new shape, thus bringing new confidence. With new confidence, one carries himself/herself with more conviction and determination. It's then when others take notice and stand impressed with and envious of what they're seeing."

John Stanton - Founder of the Running Room and author: "The best way to run in the New Year and to run for life is to compete against your self, not others."

Phillip Gary Smith, editor of *Snowshoe Magazine* and author of the *300 Mile Man*:



COURTESY

Dr. Jack Taunton

"If ever stuck, or at a dead-end or just bored with circumstances, remember: creativity is the elixir of life. Whether it's writing, painting or rearranging furniture in a different way, one will feel better just by engaging creativity in any form."

Dylan Wykes - Canadian Olympic Runner - second fastest (2:10:47) Canadian marathoner of all time: "It's not one single day that counts, its day in and day out. So, don't let one bad day get you down, push through and you will be rewarded!"

Dr. Jack Taunton, MSc, MD - former chief medical officer for the 2010 Winter Olympics: "Include tempo runs and race pace work and run smart. Race negative splits. Finish strong and ensure energy and electrolyte replacement - good recovery post races so if racing 10 miles then 10 days of easy runs and a month

of easy running post marathons. Train and run with passion and purpose."

Kathrine (K.V.) Switzer - Athlete, author, activist and speaker: "Be fearless. Be free. Be grateful."

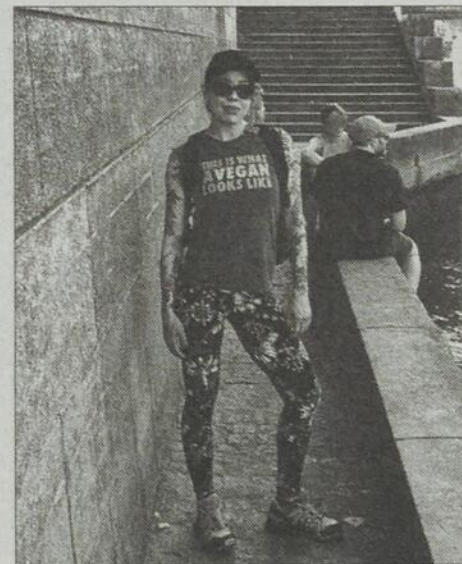
Roger Robinson, author, scholar, speaker and runner: "Running is as old as humanity, so a natural subject for art - much as my book 'Running in Literature' looked at how running has been recreated in words. Apart from film, the challenge for visual artists has always been to show rapid movement in a static medium."

Running in Art: Inspirational Images for Every Month: [www.runnersworld.com/photos/running-in-art-inspirational-images-for-every-month](http://www.runnersworld.com/photos/running-in-art-inspirational-images-for-every-month)

Bart Yasso - Runner's World chief running officer: "Running is the ultimate faith healer, restoring belief not only in oneself but life's possibilities."

Dr. Doug and Diane Clement, former Olympians, authors, track and field legends: "2015 is important because we all will be one year older. This year it is vital to recognize that exercise is the best medicine to optimize our health and add life to our years. Coupled with sound nutrition, regular exercise is the key to a functional future. Keep moving - eat less!"

[www.runwithit.ca](http://www.runwithit.ca)  
Twitter: @christineruns  
YouTube - runwithitcb1



COURTESY

Bif Naked

## Basketball at Bishop's

### Bishop's vs McGill

Thursday,

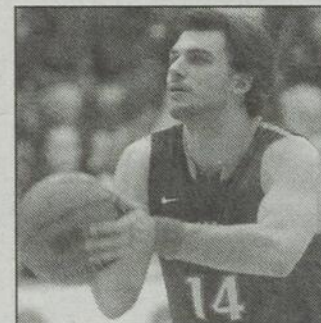
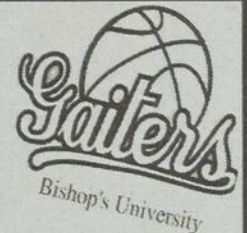
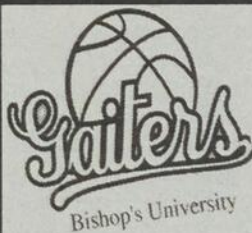
January 8, 2015

DOUBLE HEADER

6 p.m. & 8 p.m.

at the Bishop's University Sports Centre

General Admisson: Adults \$8., High School & Champlain students \$4., children 12 & under \$2.



## Card of Thanks

SMITH, Douglas - Many thanks for all your sympathies, flowers, plants and food which we received in the passing of my husband Douglas. Thank you to my many friends and family for all your support and to those who performed the service, and also to all who helped with the lunch following the service.

Thank you  
MARJORIE SMITH and FAMILY

## Datebook

THURSDAY, JANUARY 8, 2015

Today is the eighth day of 2015 and the 19th day of winter.

**TODAY'S HISTORY:** In 1790, President George Washington gave the first State of the Union address.

In 1877, Crazy Horse lost his final battle against the U.S. Cavalry at Wolf Mountain in Montana Territory.

In 1918, President Woodrow Wilson outlined his "Fourteen Points" peace plan.

In 1982, AT&T agreed to give up its 22 local "Baby Bells."

In 2011, a gunman opened fire at a public event for Democratic Rep. Gabrielle Giffords of Arizona, killing six people and injuring 13, including Giffords.

**TODAY'S BIRTHDAYS:** Jose Ferrer (1912-1992), actor; Soupy Sales (1926-2009), TV personality; Elvis Presley (1935-1977), singer/actor; Bob Eubanks (1938-), TV game show host; Graham Chapman (1941-1989), actor/comedian; Stephen Hawking (1942-), physicist; Terry Brooks (1944-), author; David Bowie (1947-), singer-songwriter; R. Kelly (1967-), singer-songwriter; Rachel Nichols (1980-), actress; Kim Jong Un (1983-), North Korean leader.

**TODAY'S FACT:** About 600,000 people annually visit Elvis Presley's Graceland estate in Memphis, Tennessee.

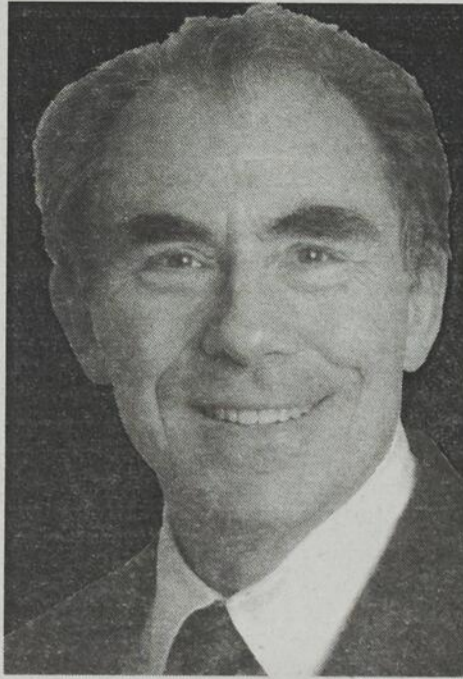
**TODAY'S SPORTS:** In 1901, the first tournament sanctioned by the American Bowling Congress was held in Chicago.

**TODAY'S QUOTE:** "If you do not hear music in your words, you have put too much thought into your writing and not enough heart." — Terry Brooks, "Sometimes the Magic Works"

**TODAY'S NUMBER:** 641 — projected width (in feet) of the Crazy Horse Memorial in South Dakota, which will be the largest sculpture in the world if it is completed.

**TODAY'S MOON:** Between full moon (Jan. 4) and last quarter moon (Jan. 13).

## Get the protein you need from plant foods rich in nutrients



## ASK DOCTOR K

by Anthony L. Komaroff, M.D.

**DEAR DOCTOR K:** How much protein do I need? Should I drink protein shakes to make sure I get enough?

**DEAR READER:** Protein is important for building and maintaining muscle and bone strength. It is necessary for the body's skin and hair cells to grow and repair. It also sends signals to your brain that you are full and have had enough to eat. People in the developing

nations who cannot find enough protein to eat develop two terrible and sometimes fatal diseases, kwashiorkor and marasmus.

We need protein in our diet mainly so that our bodies can make protein. Proteins are made up of chains of amino acids. When we eat and digest proteins, we break them up into their individual amino acids. Then our bodies use those components to build new proteins. There are 20 amino acids; nine are "essential" for our health.

For most of us in the developed nations, the questions are how much protein we need and what foods are the best sources. The Recommended Dietary Allowance (RDA) for protein intake is 46 grams per day for women and 56 grams for men.

Most animal- and plant-based foods have proteins that provide the amino acids we need. Meat, poultry, seafood, beans, legumes, eggs, cheese, tofu, nuts and seeds are rich protein sources. The richest sources of plant-based protein are legumes, such as lentils and split peas, and beans — black, kidney, garbanzo, lima, navy, pinto and white. If you are a vegetarian or vegan, you need to eat a wide variety of plant proteins.

Which type of protein is best? Reducing animal-based proteins and increasing plant-based proteins is a healthier way to go. Poultry, fish and plants are healthier sources of protein

than red meat. Why? It's not because the kind of protein in red meat is worse for you; it's because red meat also contains lots of saturated fat, which is not good for you. (On my website, AskDoctorK.com, I've put a chart listing the amount of protein in common foods.)

Inadequate protein can be an issue for older adults, particularly those who are not getting enough daily calories. Are protein powders a good option if you're falling short? They might help you get the protein you need. But if your appetite is small to begin with, you may want more nutritional bang for your bite. Reach for foods that will provide vitamins, minerals, fiber and other nutrients as well as protein.

If you need to boost your protein intake, try these tips:

- add beans to soups and salads;
- drink a glass of low-fat milk;
- snack on Greek yogurt with a drizzle of honey;
- eat some peanut butter with a banana or spread on a slice of whole-grain toast;
- serve vegetables on top of quinoa, which is high in protein.

Most people don't need protein shakes. But if you don't eat the foods that are richest in protein, it might be worth consulting a dietitian recommended by your doctor.

*Dr. Komaroff is a physician and professor at Harvard Medical School.*

## Your Birthday

THURSDAY, JANUARY 8, 2015

Pacing yourself will be important this year. Taking on too much, too fast will be stressful and detrimental to your mental, physical and emotional health. Consider an unusual opportunity that comes your way, but only accept what's feasible. If you act quickly and reasonably, good results will follow.

**CAPRICORN** (Dec. 22-Jan. 19) — Focus on personal relationships. Your serious demeanor will intimidate someone younger with less experience than you. Participate in activities that provide good times and some laughs and are conducive to making new friends.

**AQUARIUS** (Jan. 20-Feb. 19) — A partnership will be in jeopardy. Uncertainty and emotional discord will leave you in a vulnerable position. Clear the air with a heart-to-heart discussion and let your expectations be known.

**PISCES** (Feb. 20-March 20) — Keep your mind on the job. Emotional or relationship issues will hurt your professional productivity. Deal with personal problems quickly to avoid a setback that could alter your standard of living.

**ARIES** (March 21-April 19) — Don't waste time brooding over matters that you can't change. Increase your knowledge through study or travel. Proficiency at a new skill will expand your career options.

**TAURUS** (April 20-May 20) — A compromise or diplomatic agreement will be necessary before you can move ahead with your plans. Forming an alliance with a more experienced individual will open your eyes to new possibilities.

**GEMINI** (May 21-June 20) — It's important to spend time with people you care about. A get-together or vacation will bring you closer together. Involve everyone in making arrangements so that no one feels left out.

**CANCER** (June 21-July 22) — Don't let anyone persuade you to do something against your wishes. Financial investments must be carefully researched before you make a commitment. Hasty decisions will result in a loss.

**LEO** (July 23-Aug. 22) — Give love and partnerships top priority. It's time to rid yourself of people or things that have been holding you back. Taking control will bring you closer to your goal.

**VIRGO** (Aug. 23-Sept. 22) — Relationship woes will escalate if you cannot keep a secret. Someone trying to discredit you will be deceptive. Don't believe or repeat information without researching the facts first.

**LIBRA** (Sept. 23-Oct. 23) — Your mind is wandering, but before you aimlessly follow your dreams, it's vital that you fulfill your responsibilities. Neglecting your duties or career commitments will lead to complaints.

**SCORPIO** (Oct. 24-Nov. 22) — You can ease your stress and reduce tension if you speak openly about your feelings. Trying to hide your emotions will cause a rift that will escalate if not addressed swiftly.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Spend quality time with someone dear to your heart. A fun outing will revive your feelings and abolish any uncertainties you may be harboring. Don't ignore minor health issues.

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## BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

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

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Text only: \$16.00 (includes taxes)

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\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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

## DEADLINES FOR DEATH NOTICES:

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

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

**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.

"TBTHGX THK EDN TX RAMDHNTEN  
ND AK TX BIKE R AKKN T 10-SKTH-  
DCG VRG BID XTSX, 'R CDZK OTMNTRE  
FTOV XMTHHDBI' " — FDIEES GKMM

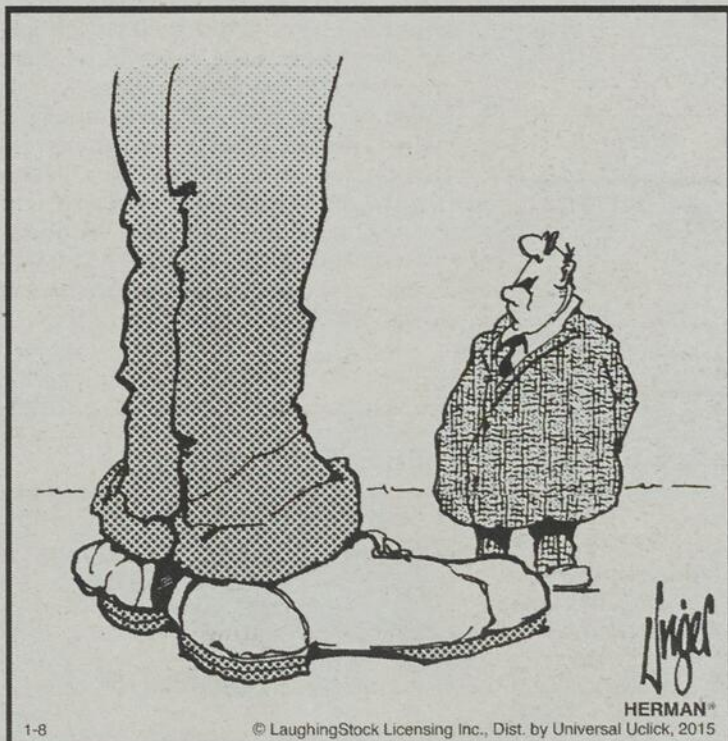
Previous Solution: "If you want a happy ending, that depends, of course, on where you stop your story." — Orson Welles

TODAY'S CLUE: A sjenbø Z

**KIT N' CARLYLE**



**HERMAN**



"As I remember, you always were a big kid for your age."

**ALLEY OOP**



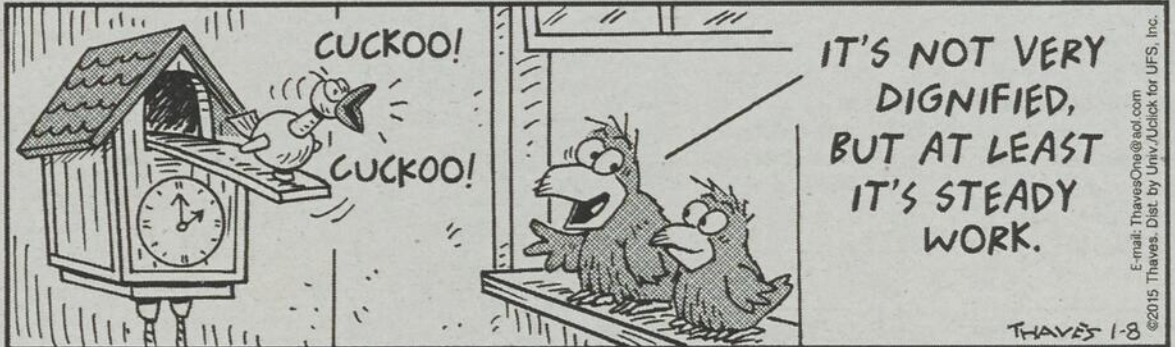
**ARLO & JANIS**



**THE BORN LOSER**



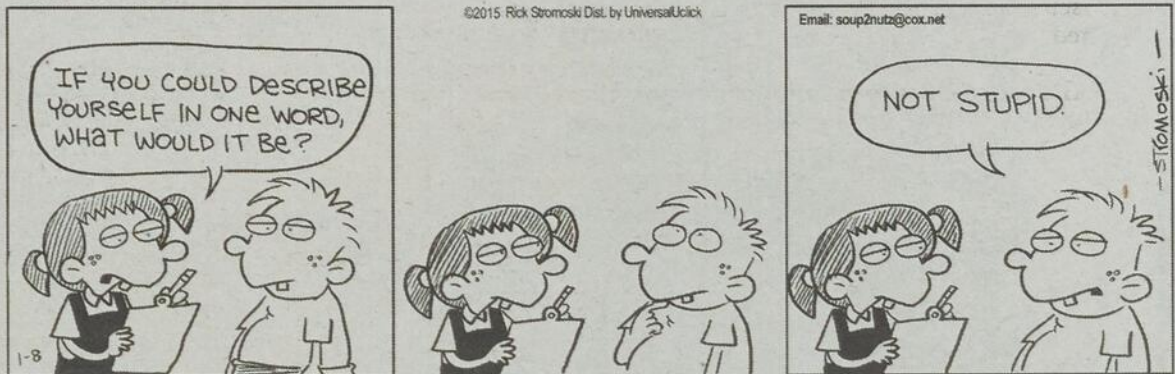
**FRANK AND ERNEST**



**GRIZWELLS**



**SOUP TO NUTS**



**Go grocery shopping with dietitians.**  
When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide.  
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Diabetes Québec  
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www.diabete.qc.ca

REACT NOW!

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

# CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION  
OR MAIL YOUR PREPAID CLASSIFIED ADS TO  
THE RECORD, 1195 GALT ST. E., SHERBROOKE, QUEBEC J1G 1Y7

**001 Property for Sale**

**CANCEL YOUR TIMESHARE.** No risk program. Stop mortgage and maintenance payments today. 100% money back guarantee. Free consultation. Call us now. We can help! 1-888-356-5248.

**035 For Rent**

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

**100 Job Opportunities**

**MANOIR ST. FRANCIS.** A new position to fill: Responsible of care. We are looking for a **Nurse to be in charge of the care department.** You can contact Julie Lincourt at 819-562-0875.

**145 Miscellaneous Services**

**#1 HIGH SPEED internet** \$32.95/month. Absolutely no ports are blocked. Unlimited downloading. Up to 11Mbps download and 800Kbps upload. Order today at www.acanac.ca or call toll-free at 1-866-281-3538.

**100 Job Opportunities**

**145 Miscellaneous Services**

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

**190 Cars For Sale**

**2003 FORD THUNDERBIRD,** 2 door convertible, 110 744 miles, imported from United States. exchangeable. \$12,800. Call - 819-822-8815

**275 Antiques**

**ABRACADABRA** turn your hidden treasures into ready cash. International buyer wants to purchase your antiques, paintings, china, crystal, gold, silverware, jewellery, rare books, sports, movies, postcards, coins, stamps, records. 514-501-9072.

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

**290 Articles For Sale**

**HOT TUB (SPA)** covers. Best price. Best quality. All shapes and colours available. Call 1-866-652-6837. www.thecoverguy.com.

**STEEL BUILDINGS**

/ Metal Buildings. Up to 60% off! 30x40, 40x60, 50x80, 60x100, 80x100, sell for balance owed. Call 1-800-457-2206. www.crownsteelbuildings.ca

**STEEL BUILDINGS**

/ Metal Buildings 60% off! 20x28, 30x40, 40x62, 45x90, 50x120, 60x150, 80x100, sell for balance owed! Call 1-800-457-2206. www.crownsteelbuildings.ca

**295 Articles Wanted**

**FIREARMS.** ALL TYPES wanted, estates, collections, single items, military. We handle all paperwork and transportation. Licensed dealer. 1-866-960-0045. www.dollars4guns.com

**425 Bus. Opportunities**

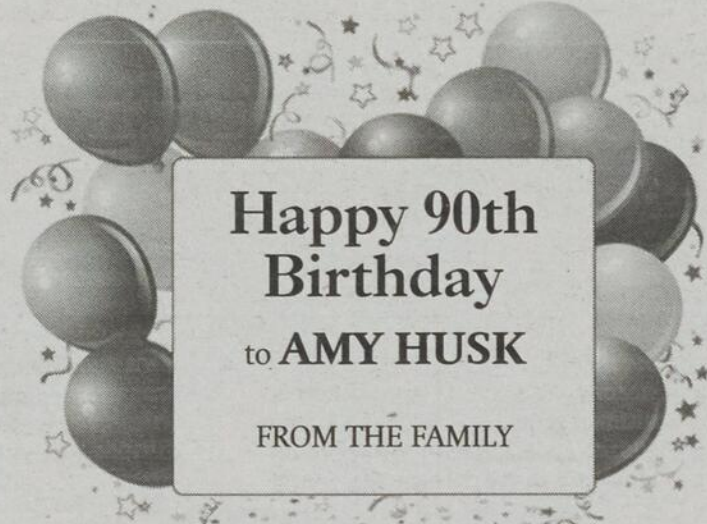
**SAWMILLS FROM ONLY \$4397.** Make money and save money with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/400OT. 1-800-566-6899 ext: 400OT.

**440 Miscellaneous**


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**Happy 90th Birthday**  
to **AMY HUSK**  
FROM THE FAMILY



Robert Frenette, 19 from Woodstock, New Brunswick, along with Katie Neu, 17 of Kitchener, Ontario, are two youths who share one thing in common. They have been bullied. They also work for change. The adversity they faced in school has propelled them to create **BullyingCanada.ca** - an anti-bullying website for youth and by youth. The website offers tips for a **bystander, victim and bully.** The site also features a database of links to other anti-bullying websites. Subscribe to the free e-newsletter "Youth Voices" that highlights anti-bullying work around the country by emailing to: [Subscribe@BullyingCanada.ca](mailto:Subscribe@BullyingCanada.ca) More information contact them by email at: [Info@BullyingCanada.ca](mailto:Info@BullyingCanada.ca) or visit their website [www.BullyingCanada.ca](http://www.BullyingCanada.ca)

## SUDOKU

Difficulty: 4 (of 5)

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

1-8-15 ©2015 JFS/KF Dist. by Universal Uclick for UFS

PREVIOUS SOLUTION

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

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

## 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/WATERVILLE**  
Lennoxville and District Community Aid will hold Blood Pressure clinics on Tuesday, January 13 from 1:30 p.m. to 3 p.m., at 164 Queen St., Suite 104, Lennoxville. Waterville clients are welcome to come to the Blood Pressure Clinic in Lennoxville.

**LENNOXVILLE**  
Military Whist will be played at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, January 14 at 1:30 p.m.. To reserve a place for yourself or a table for 4, please contact Cheryl Bradley at 819-569-2067.

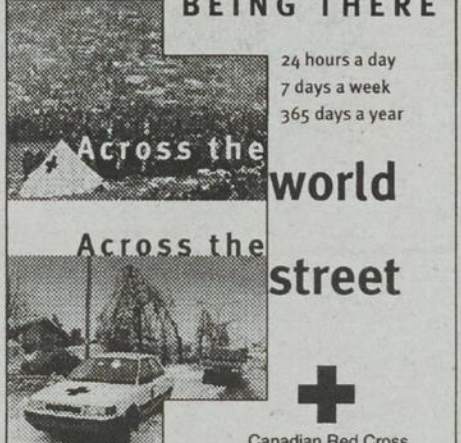
**LENNOXVILLE**  
Ladies Auxiliary meeting at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, January 14 at 7:00 p.m. Meetings now held downstairs.

**BULWER**  
The Bulwer Branch Quebec Farmer's Association will NOT meet at the Bulwer Community Center in January. We'll see you in February, weather permitting. Happy New Year!

...


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.

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365 days a year

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(1 800 592-7649)

## URGENT

**THE RECORD**

is looking for a carrier in **Sawyerville** for the following streets as of Nov. 10

Bedard,  
Church,  
Clifton,  
Cookshire,  
de la Station,  
High Forest,  
J.A. Lowry,  
Lisée,  
Principale,  
Randboro,  
St-Germain (36)

If interested in this route,  
please call

**THE RECORD**  
**819-569-9528**  
between 8:30 a.m. to 4:30 p.m.  
or leave a message after hours or  
e-mail: [billing@sherbrookerecord.com](mailto:billing@sherbrookerecord.com)

5283





Wise customers read the fine print: †, ††, †††. The offers of this ad apply to retail deliveries of select new and unused models purchased from participating retailers on or after January 3, 2015 and for the ongoing month only. Offers are subject to change and may be extended without notice. Prices include freight charges (\$1,695) and A/C charge (when applicable). No fees will be added to the all-inclusive prices of the advertised models. Prices exclude license, insurance, duties on new tires (\$15) 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 Prices apply to 2015 Jeep Cherokee Sport FWD (KL7L74 + 24A)/2015 Jeep Grand Cherokee Laredo 4x4 (WK4H74 + 23E)/2015 Jeep Patriot Sport FWD (MK7L74 + 23B + MRK) models, respectively: \$24,495/\$39,995/\$14,995/\$21,995. Purchase Prices include freight charges (\$1,695) and, when applicable, a Consumer Cash Discount and/or Bonus Cash. \*Consumer Cash Discounts are offered on select new 2015 models, and are deducted from the negotiated price before taxes. †\$3,750 Consumer Cash Discount is applicable on 2015 Jeep Patriot Sport FWD (MK7L74 + 25D) model. †\$2,000 Consumer Cash Discount is applicable on 2015 Jeep Wrangler Sport 4x4 (JK7L72 + 23B + MRK) model. †Starting from 0% purchase financing for up to 36 months (2015 Jeep Grand Cherokee Laredo, 2015 Jeep Patriot Sport and 2015 Jeep Wrangler Sport 4x4 models) available on select 2015 models to qualified customers on approved credit through RBC, Scotiabank or TD auto finance. Examples: 2015 Jeep Cherokee Sport FWD (KL7L74 + 24A) with a Purchase Price of \$24,495, financed at 0% for 36 months with \$0 down payment, equals 78 bi-weekly payments of \$314.04, a cost of borrowing of \$0 and a total obligation of \$24,495. 2015 Jeep Grand Cherokee Laredo 4x4 (WK4H74 + 23E) with a Purchase Price of \$39,995, financed at 3.99% for 96 months with \$0 down payment, equals 96 monthly payments of \$487.32, a cost of borrowing of \$6,787.72 and a total obligation of \$46,787.72. 2015 Jeep Patriot Sport FWD (MK7L74 + 25D) with a Purchase Price of \$14,995, financed at 3.99% for 36 months with \$0 down payment, equals 36 monthly payments of \$416.33, a cost of borrowing of \$1,726.08/\$25,706.72. ††Starting From Price for 2015 Jeep Cherokee Limited FWD (KL7P74 + 24G) shown: \$32,550. Starting From Price for 2015 Jeep Grand Cherokee Overland 4x4 (WK4S74 + 23F) shown: \$58,750. Starting From Price for 2015 Jeep Patriot Limited 4x4 (MK4H74 + 26F) shown, including \$5,000 Consumer Cash Discount: \$27,145. Starting From Price for 2015 Jeep Wrangler Sport 5 4x4 (JK7L72 + 235 + HAA + RSC) shown, including \$2,000 Consumer Cash Discount: \$28,200. Starting From Price for 2015 Jeep Cherokee Limited FWD (KL7P74 + 24G) shown: \$32,550. Starting From Price for 2015 Jeep Grand Cherokee Overland 4x4 (WK4S74 + 23F) shown: \$58,750. Starting From Price for 2015 Jeep Patriot Limited 4x4 (MK4H74 + 26F) shown, including \$5,000 Consumer Cash Discount: \$27,145. Starting From Price for 2015 Jeep Wrangler Sport 5 4x4 (JK7L72 + 235 + HAA + RSC) shown, including \$2,000 Consumer Cash Discount: \$28,200. †††Based on Word's Sport and Cross Utility segmentations and MSRP of base models. †Based on Word's Sport and Cross Utility segmentations and MSRP of base models. †Based on 2000-2010 model years. †††SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. †Jeep is a registered trademark of FCA US LLC used under license by Chrysler Canada Inc. Chrysler • Jeep • Dodge • RAM Dealer Advertising Association

# THE FIRST BIG DEAL EVENT



Starting From Price for 2015 Jeep Cherokee Limited FWD shown: \$32,550\*\*

## THE NEW 2015 JEEP CHEROKEE SPORT

STARTING FROM: **\$24,495** † AND GET **0%** † FOR 36 MONTHS AND \$0 DOWN

PRICE INCLUDES FREIGHT AND A/C CHARGES.

PURCHASE FINANCING STARTING FROM: **0%** † FOR 36 MONTHS AND \$0 DOWN

- Standard features**
- 9-speed automatic transmission
  - 184 hp 2.4L I-4 Tigershark™ MultiAir® engine
  - Uconnect® 5.0 touchscreen multimedia centre with Bluetooth® streaming audio
  - Six speakers
  - Air conditioning and 10 air bags
  - Four-wheel disc antilock brakes
  - And many more!



AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA  
CANADIAN UTILITY VEHICLE OF THE YEAR  
2014 JEEP CHEROKEE



Starting From Price for 2015 Jeep Grand Cherokee Overland 4x4 shown: \$58,750\*\*

## 2015 JEEP GRAND CHEROKEE LAREDO 4X4

STARTING FROM: **\$39,995** † OR CHOOSE **\$488** † PER MONTH FOR 96 MONTHS FREIGHT AND A/C CHARGES INCLUDED.

PRICE INCLUDES FREIGHT AND A/C CHARGES.

PURCHASE FINANCING STARTING FROM: **\$488** † PER MONTH FOR 96 MONTHS FREIGHT AND A/C CHARGES INCLUDED.



Starting From Price for 2015 Jeep Patriot Limited 4x4 shown: \$27,145\*\*

## 2015 JEEP PATRIOT SPORT THE MOST AFFORDABLE SUV IN CANADA†

**NEW OFFER!**

STARTING FROM: **\$14,995** † OR CHOOSE **\$85** † BI-WEEKLY FOR 96 MONTHS FREIGHT CHARGES INCLUDED.

PRICE INCLUDES \$3,750\* CONSUMER CASH DISCOUNT AND FREIGHT CHARGES.

PURCHASE FINANCING STARTING FROM: **\$85** † BI-WEEKLY FOR 96 MONTHS FREIGHT CHARGES INCLUDED.



Starting From Price for 2015 Jeep Wrangler Sport S 4x4 shown: \$28,200\*\*

## 2015 JEEP WRANGLER SPORT 2-DOOR 4X4 4X4 OF THE DECADE—FOUR WHEELER MAGAZINE<sup>5</sup>

STARTING FROM: **\$21,995** † OR CHOOSE **\$124** † BI-WEEKLY FOR 96 MONTHS FREIGHT CHARGES INCLUDED.

PRICE INCLUDES \$2,000\* CONSUMER CASH DISCOUNT AND FREIGHT CHARGES.

PURCHASE FINANCING STARTING FROM: **\$124** † BI-WEEKLY FOR 96 MONTHS FREIGHT CHARGES INCLUDED.

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