



Prom night warnings

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THURSDAY, JUNE 16, 2011

Pot bust in Johnville

A short investigation by the MRC Haut St-Francois division of the Sureté du Québec led to the raid of a Johnville residence and an arrest on Wednesday morning.

Information provided by the public led SQ officers to an apartment complex located on Route 251 in Johnville. The targeted location was suspected to be the site of a marijuana grow-operation.

Once on site, officers uncovered and seized a significant amount of marijuana, including 117 mature plants.

The tenant of the apartment in question, a 22-year-old man, was arrested and will face a series of charges including production and possession of a narcotic with intent to distribute. The suspect already has a warrant out for his arrest in Ontario for similar offences.

Highway 55 in Stanstead closing temporarily

The Eastern Townships Ministry of Transport wishes to inform the public that corrective work will be done on highway 55 North, in the City of Stanstead on June 16 and 17.

Workers will be repaving the road, which will result in the closure of two lanes, northbound, from 7 a.m. to 6 p.m. Circulation will remain in the other lanes and the barriers will not remain outside of work hours.

Mail dispute heats up; Canada Post locks doors



COURTESY

Through rain or sleet or dark of night, the mail must get through but since Canada Post has locked out their employees, stacks of letters and parcels, such as the ones pictured here found Tuesday in a Montreal postal facility, are piling up according to union.

By Corrinna Pole
SHERBROOKE

As posties returned to work for their newly imposed three-day shift Wednesday morning, they found themselves and their nearly 48,000 co-workers, locked out by their employer Canada Post Corporation (CPC).

In a statement the crown corpora-

tion said it was "forced to shut down urban operations nationwide" after the 12 day rotating strikes by locals across the country, left the company with estimated losses of close to \$100 million and "accelerating decline in [mail] volumes."

After launching the rotating strikes in a bid to avoid a nationwide strike, Canadian Union of Postal Workers (CUPW) leaders called the manage-

ment's lockout irresponsible.

In a statement the union noted that "a considerable amount of mail" is now frozen in postal facilities.

"Canada Post is reneging on its responsibility to the public to deliver mail that has been paid for," reads the CUPW statement.

"Today, all postal workers were ready,

CONT'D ON PAGE 7

Disaster relief for municipalities

Page 4



Estrie Caritas launches fundraising campaign

Page 3

In TALK Friday



ELLEN GOLDFINCH
GOING VIRAL



ADAM BUDD
CINEMA



JESSIE AULIS
COUNTRY CONNECTION

Weather



TODAY:
MIX SUN
AND CLOUD
HIGH OF 28
LOW OF 13



FRIDAY:
CLOUDY
HIGH OF 23
LOW OF 15



SATURDAY:
SHOWERS
HIGH OF 19
LOW OF 14



SUNDAY:
MIX SUN
AND CLOUD
HIGH OF 19
LOW OF 10



MONDAY:
MIX SUN
AND CLOUD
HIGH OF 24
LOW OF 10

Launching of the documentary film 'Fibromyalgia step by step'

SHERBROOKE

L'Association de la fibromyalgie de l'Estrie is happy to invite you to the launching of the documentary film "Fibromyalgia step by step" by the cinematographer Anh Minh Truong.

Throughout "Fibromyalgia step by step" (subtitled in English) we accompany Esther as she shares her reflections and daily activities on her journey towards wellbeing and new found happiness.

Experts Mr. Serge Marchand, neurophysiologist, Dr. Pierre Arsenault, family doctor and Mr. Claude Sarrazin, psychologist will explain what FM is and what a person suffering with fibromyalgia goes through: What is going on in their body, what they can do to improve their quality of life and what are the possible treatments they can use to feel better. Here is a film dedicated to demystifying this silent disease!

An event you do not want to miss! A premier broadcasting of the documen-

tary film "Fibromyalgia step by step". Lunch - followed by a concert with Kate Morrison accompanied by four musicians. You will hear for the first time her new theme song for the AFE "The Words We Weep".

Saturday June 18, 2011 starting at 10:30 a.m. at the Sherbrooke Golf Club - 1000 Mussett Street, Sherbrooke. Tickets: \$30 Includes Lunch and a Concert. Please reserve early - before June 16 - Places are limited. Call (819) 566-1067 or 1-877-566-1067 for more information.

Russian violin duet visits North Hatley

By Corrinna Pole
NORTH HATLEY

Two musicians from Tyumen, the oldest city of Siberia, on a whirlwind private tour of the province will be stopping in to North Hatley this weekend to offer a free classical concert.

Organizer Maria Bandrauk says the performance by Anton Sharoyev and Julia Pryamova, from the Siberian Camerata Philharmonic Orchestra, will be a special treat for the community.

"It is a rare repertoire concert featuring compositions for two violins by Italian and Russian composers and Handel and Mozart without any accompaniment, including one work that Leopold Mozart wrote for Wolfgang Amadeus, his son," said Bandrauk.

The performance will also include selections from composers such as Vivaldi, Paganini, Tchaikovsky and Chostakovitch.

The classical concert takes place Saturday, June 18 at 7 p.m. at the Ste-Elizabeth Church, 3115 Capelton Road, North Hatley. Admission is a free-will donation.



COURTESY

Anton Sharoyev and Julia Pryamova, from the Siberian Camerata Philharmonic Orchestra will be visiting North Hatley this Saturday on a mission to play as many Quebec venues as possible during the whirlwind visit of the province.

Stanbridge East Exhibit by Christiane Roy

STANBRIDGE EAST

An exhibit of Portraits - copper engravings by Christiane Roy will be on display at the Paige Knight Gallery, Missisquoi Museum, 2 River Street, Stanbridge East from June 28 to July 24, 2011. The museum is open daily from 10 a.m. to 5 p.m.

Prizes and Bursaries

1984 Loto Québec prize for her illustration of the legend of the amerindian Grand souffle et eau qui roule.

Collections

- Bibliothèque nationale du Québec at Montréal
- Artothèque de la bibliothèque Gabrielle Roy of Québec
- Loto Québec, Montréal
- Hunt Institute for Botanical Documentation, Pittsburgh, USA.
- Burnaby Art Gallery, British Columbia.



Ben by Daniel Shelton



LOCAL NEWS

The suspect pled guilty to sexual touching of a person under the age of 16 as well as sexual assault with the participation of third party.

Accused child abuser pleads guilty

By Doug McCooney

The 20-year-old Sherbrooke woman accused of sexually assaulting and inciting sexual acts against her 18-month-old daughter has pled guilty to two of the four charges laid against her.

The plea was made Tuesday at the Raynald-Fr  chette courthouse at the start of what was to be the beginning of the preliminary hearings in the case. The suspect pled guilty to sexual touching of a person under the age of 16 as well as sexual assault with the participation of third party.

In exchange for the plea, presiding Quebec Court Judge Conrad Chapdelaine agreed to throw out two of the charges the woman was facing - sexual assault and inciting sexual contact.

The charges stem from a January 2011 arrest for illicit acts made against the toddler between October 2010 and January 2011.

On Tuesday, the woman's defence lawyer Benoit Gagnon and lead Crown prosecutor Andr   Campagna saw their joint sentence recommendation upheld by Judge Chapdelaine. The mother was sentenced to two years in prison, plus



Raynald-Fr  chette courthouse in Sherbrooke

two years probation. An additional 30 days was also tacked on for a parole violation committed in late April.

The 24-year-old father of the child - arrested a few days prior to the woman in January - is currently detained and awaiting trial. Charges against the man include incest, sexual assault in the presence of another person, inciting sexual

contact, possession of child pornography, sexual assault, and assault against a minor. He is also facing additional charges of incest for acts allegedly committed against his own sister, said to be in her mid-20s, in December 2010. A theft charge has also been included in the dossier.

In all, the man is facing a total of 11

counts with many of them having a maximum penalty of 10-plus years in prison. Under section 155 of the Criminal Code of Canada, "(e)very one commits incest who, knowing that another person is by blood relationship his or her parent, child, brother, sister, grandparent or grandchild, as the case may be, has sexual intercourse with that person."

Following a court hearing in mid-May, the man's defence lawyer Stephanie C  t   told a group of reporters outside the courtroom that her client could be pleading guilty to a few of the counts against him.

The man's trial has been tentatively set for October. Lead prosecutor Emilie Baril-C  t   has said that a large chunk of the three-day trial will be devoted to playing the lengthy interrogation videos that followed the man's arrest.

While charged for similar acts committed against the same victim, authorities will not publicly confirm the relationship between the 20-year-old woman and 24-year-old man. Their names have also not been revealed, so as to protect the identity of the victim in the case.

Caritas Estrie launches 2011 annual fundraising campaign

Caritas Estrie has launched its 2011 annual fundraising campaign amongst its loyal donors and supporters, all the while attempting to gain new ones as well.

Last year, Caritas Estrie raised more than \$127 000 using a personalized approach involving 5 major sectors: individuals, businesses, industries, professionals and religious communities. This annual solicitation represents over 3000 shipments.

With poverty rates and aid needs continuously growing, Caritas Estrie is hoping once again to exceed its overall annual target of \$120 000. Those less fortunate rely on help from aid agencies in their area, and those aid agencies that are located in the

Eastern Townships often rely on Caritas Estrie for the financial support they need to be able to provide to those they help. The proceeds raised will be devoted to supporting self-help organizations throughout the Eastern Townships.

Each year, Caritas Estrie enlists credible personalities who are generous towards their communities to become a spokesperson for the foundation. In 2011, the annual fundraising campaign will have as President M. Richard Caron, Director General of Caisse d'  conomie Desjardins des Cantons, as well as nine spokespersons representing the Sherbrooke area.



COURTESY

Pictured: Roger Roy Bishop, president of Estrie Caritas, Richard Caron, president of honor of the 2011 annual solicitation campaign and Yvon R. Couture, CEO of Caritas Estrie.

SQ worried about prom



COURTESY

Throughout May and June the Memphr  magog division of the Suret   du Qu  bec gave a series of presentations to area high school students advocating the importance of road safety. Using its rollover-vehicle, which simulates the crash of someone traveling at 50 km/hr, SQ officers like Patrice Gr  goire (pictured above) showed the dangers of reckless driving and the importance of wearing one's seatbelt. The awareness program was meant to target the graduating high school students in particular, as many have proms and graduation celebrations in the weeks to come.

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Future remains uncertain at Bromptonville factory

Reduce production costs, no layoffs, says Kruger

By Doug McCooey

There were no layoffs or extended work stoppages announced on Tuesday afternoon during the meeting between Kruger Inc. President Joseph Kruger and the 350 unionized Bromptonville factory workers. However, one message was made clear: production costs need to go down.

Anxiety reigned among the workers employed by the wood and paper giant for most of Tuesday when word spread that the Kruger headman would be paying them a visit. According to sources, visits from Joseph Kruger to his factories are rare events, so his presence on Tuesday

had people concerned.

The meeting began a little after 4 p.m. and was held behind closed doors in the basement of the Bromptonville Church. Reports following the meeting said that the encounter consisted of the executive giving an outline of the precarious situation surrounding the paper industry and them emphasizing the need to find a way to reduce production costs at the Bromptonville mill.

"We want the employees to take all of the necessary measures to bring the production costs to the level of the competition," said Jean Majeau, Senior Vice-President of Corporate Affairs and Communications at Kruger, following the

meeting, as quoted in a La Tribune report.

The reason for the concern among the factory workers leading up to the meeting stems from what has happened in recent weeks at Kruger's other two Quebec mills, both located in Trois-Rivières.

In early June, Kruger announced that its three Quebec-based factories would be given a prolonged St-Jean Baptiste holiday weekend (June 23-27) instead of the regular two days it has awarded in past years, presumably as a cost-cutting measure. This announcement was followed up by the news that 95 workers would be laid off at the Trois-Rivières factories in the coming months.

The workers in Bromptonville feared

that the meeting on Tuesday would be revealing the same thing.

While the news wasn't as bad as it could have been, workers are still concerned about the future of the mill. Kruger employee Luc Chabot explained to a La Tribune reporter that even if they worked for free, reducing production and transport costs will not be easy.

The union is not officially commenting on the situation until after its general assembly union meeting, scheduled for tonight.

A call by The Record to Jean Majeau inquiring about what the future holds for the Kruger factory in Bromptonville was not returned by press time.

Drunk driving and thefts in Magog

By Doug McCooey

While it was mostly a quiet weekend in the Memphrémagog territory, inebriated drivers continue to plague the region.

On Saturday night at around 9:15 p.m., local law enforcement was called to the scene of a one-vehicle accident on Highway 55 near the St-Patrice Est Street exit in Magog. The car had left the road unprovoked and, upon the police's arrival, the driver was nowhere to be found.

Witnesses to the crash pointed investigators towards a nearby convenience store. "The officers," recounts Memphrémagog police spokesperson Paul Tear in his weekend report, "went to meet the young man and arrested him because he was under the influence of alcohol while he was out on release under the condition

that he does not drink. With the information provided by the witnesses, the officers had reasonable motive to believe that he had been driving his vehicle while in this state."

The man was issued a sobriety test, which he failed, as the Breathalyzer result showed his blood-alcohol levels to be more than two times the legal limit.

The young male suspect from Roxton Falls remained detained over the weekend and faced charges related to the incident this week at the Raynald-Frèchette courthouse in Sherbrooke.

This was not the lone alcohol-related incident of the weekend, as a little after midnight on Sunday, a 65-year-old Eastman native was pulled over under suspicion of drunk driving. While the sobriety test revealed the man to be under the legal limit, officers found a certain

amount of cocaine in his vehicle. "(T)he drunk driving dossier will be given to the prosecutor (as well) to determine if accusations can be brought against him."

Thefts in cars

A crime that has plagued the area for much of the last few years manifested itself again on Sunday and Monday night.

A number of people reported that their vehicles had been searched and a number of valuable items had been stolen. Items taken include cash, GPS systems, sunglasses, and CDs.

It is important to note that in none of the cases were windows broken or doors forced open, meaning that the vehicle owners had left their doors unlocked.

Similar problems have been reported to the Memphrémagog station for the past few summers, with the culprits often

raiding cars located in private, residential driveways.

"No matter the area, the police is inviting all car owners to lock all of their car doors when their vehicle is not under surveillance and this, even if it is found in your own yard," cautioned Tear via press release this week.

The investigation into the thefts in cars is ongoing.

Disaster relief for Newport

Residents, businesses and organizations of Newport who sustained property damage by the heavy rainfall last autumn are being included in the provincial government's disaster relief fund.

Monday, Quebec's Minister of Public Security, Robert Dutil, announced Newport would be included with 66 municipalities in the province that were hit by an unusual tropical air mass on September 30 and October 1, 2010.

The townships was pounded by more than 100 millimetres of rainfall from the storm, which triggered flash floods, road closures, accidents and evacuations in some areas.

The disaster aid financial program is a last resort means that covers certain damage to principal residences and municipal infrastructure that is not covered by insurance.

Municipalities in the Townships that area eligible to apply for the fund include Ascot Corner, Ayer's Cliff, Barnston-Ouest, Bury, Brigham, Compton, Cookshire-Eaton, Dudswell, East Angus, the Canton and municipality of Hatley, Melbourne, North Hatley, Richmond, Saint-Herménégilde, Saint-Rémi-de-Tingwick, Scotstown, Sherbrooke, Stanstead-Est, Stoke, Waterville, Weedon, Westbury and Windsor.

Information on the program, claim forms and the full list of eligible municipalities can be found at www.securitepublique.gouv.qc.ca.

Thanks to your donations

Disease Prevention Posters

The CHUS Foundation's Brigitte Perreault Fund has helped pay for more than 75 information panels along CHUS hallways, mainly at unit entrances and near public elevators. The message displayed reminds visitors (and even employees and physicians) of the importance of washing their hands upon arrival at the CHUS, especially before entering a unit or department.

These panels also make it possible to disseminate notices and instructions related to infection prevention, such as hand washing, dealing with outbreaks of gastroenteritis and other infections, during the flu season, and for specific situations. These displays keep visitors better informed and reassure them about the state of nosocomial infections at the CHUS.



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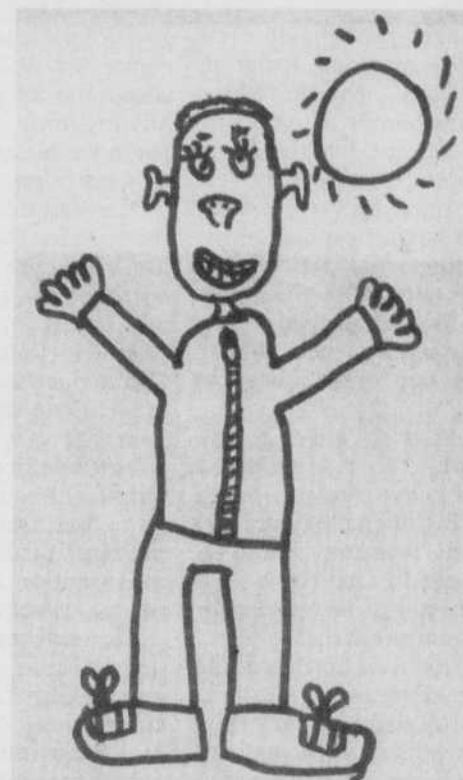
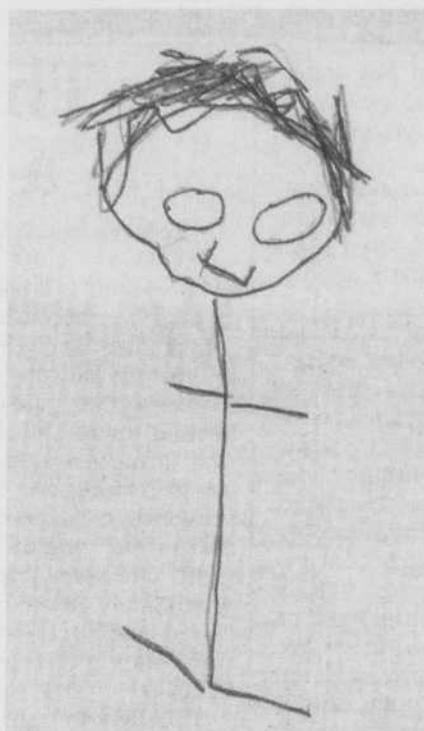


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The winners of the "Draw Dad Contest" drawn randomly for green fees at
Milby Golf Course are: (top drawing) MEAGHAN PATTERSON,
(bottom drawings) on left: TIMOTHY MAIN and on right: ANDREW MAIN.

Congratulations!

EDITORIAL

China will have 1.5 billion hungry bodies to feed, transport and keep warm in the near future. Total Chinese energy consumption rose by 11.2 per cent between 2009-2010.

Climate change, we have the means, will we act?

By Francois Tanguay

PART 2

The more one looks into the science on climate change, the more it's frustrating. What are we to do when faced with such odds? Well for starters, act! We all must find a place to serve in life. Some are public servants, others are trades workers and many just try to do their everyday best and be fair to others and their social environment. There are no deeds too small that are not worth the effort. After all it is how we got where we are.

In a report that came out just a few weeks ago, the International Panel on Climate Change (IPCC), the United-Nations body responsible for all issues regarding climate change, like the Kyoto Protocol, addressed the role of renewable energy as a main tool to curb the dire consequences that would result from a 'business as usual' attitude approach to our economy. There is an obvious potential for a major role from renewable and by consequence, hope to seriously reduce our greenhouse gas (GHG) emissions.

The study looks at six major renewable energy sources: bio-energy, direct solar, geothermal, hydropower, ocean and wind. Focusing our energy policies on these renewable resources would entail major changes in the way we approach and use energy to render the services we get from them.

Solar, for one, is decentralized and sensitive to local climate. The sun is already used to purify water in many third world countries where people get sick just by drinking it. Passive solar energy can contribute as much as 40 per cent of your heating needs if you live in, say Lennoxville, where solar panels could provide as much as 60 per cent of your yearly supply of hot water.

Some European countries have decided to close major power stations that burn coal, oil or gas, and in some cases even nuclear plants in order to replace them with wind power! Austria has almost totally eliminated heating oil from its energy picture and replaced it with biomass heaters of all sizes. The biomass, in this case residue from forestry, is local and taken from responsibly managed

wood lots. Biomass runs a full zero sum cycle GHG emissions since trees and shrubs eat carbon to grow and return the accumulated carbon in the natural cycle when consumed! There is room for a whole lot more energy transition. What is best is that solar, wind, tidal wave power and most renewables have almost no GHG emissions.

Because of their scale, many renewable projects include to a degree a certain level of cooperation with local communities. Such is the case in the UK, Germany and the Netherlands. The UN report goes on pointing to the fast growth of the renewable sector: Wind grew 32 per cent from 2008 to 2009, grid-connected solar electricity added a whopping 53 per cent and hot water heating rose more than 20 per cent. These sectors are the fastest growing energy providers globally.

These numbers will not overshadow the fact that the Chinese administration has been constructing coal fired electricity plants at an insane pace, adding millions of tons of CO2 every year, but they do include statistics that have made China the foremost renewable energy producer on the planet. China is first in solar, first in wind and going ahead with yet other major hydropower dams, China will have 1.5 billion hungry bodies to feed, transport and keep warm in the near future. Total Chinese energy consumption rose by 11.2 per cent between 2009-2010.

Closer to home, our potential remains just that, an unexplored frontier! We waste energy through so many holes it's an economic shame. Our new homes would not even pass most European norms based on energy losses, not even the level of insulation in the walls and roof! Gas prices in most countries are twice what they are here because of high taxes and in countries like Holland they support heavy investments in public transports making the use of a car costly and complicated.

Like I said, plenty of room for improvement, and with a more efficient economy, we would have to concentrate on long lasting goods, high quality greener homes and more efficient means of mobility. Contrary to imported oil, better housing, energy efficiency and comprehensive landscape manage-

ment all create and maintain local jobs.

That's what a carbon tax can do actually: Use low job creating imported polluting energy as a tax base to fuel our own efficient local economy. A carbon tax is fair in at least two ways: It reduces global GHG emissions by putting a price tag on pollution and helps put in place a more environmentally responsible and job intensive local economy. What can be wrong with that?

We now have an extraordinary tool in our hydroelectricity. We could easily convert a major part of our car pool over the next ten years while creating a new avant-garde transportation industry. It

would cost much less to charge the batteries of an electric car or bus, the money would stay here and an enormous amount of GHG emission would be eliminated. Trams would be sound investments too. Tell Bombardier about it.

The only ingredient missing is... political will with a vision. We cannot go wrong if we invest in energy sensitive solutions instead of a no future carbon based economy.

Oh! And by the way: There are no dollar stores in Copenhagen and not a single huge shopping mall in all of Denmark, and the economy there is doing fine just the same, thank you!

The Filtext plant, a disaster area

By M. Helmuth Starhemberg

Winter is a blessing for Sutton because tourists cannot use the lovely bicycle path that follows the railroad and thus cannot see the ugliest part of this otherwise bucolic town: The Filtext Plant. Now that spring has bloomed, people have begun to walk and bike and are surprised when their children point up to the graffiti with the "F" word in plain sight. The sprawling complex of approximately 100,000 sq. feet has been closed and pretty much abandoned since Filtext ended operations in Sutton in 2004.

This ugly eyesore is the last incarnation of a company that started production of a variety of yarns in 1955 when the firm was known as Yardex. At its peak, the company employed 160 people and former manager Charles Talbot remembers a time when employment peaked at 202. In the last decade before the closing, an average of 70 locals were employed at the plant.

After closing the place, the owners tried to sell it to the town to "create much needed greenspace and parking". At that time, six years ago, they wanted in excess of \$350,000. for it. Meanwhile, the town realized that part of the land upon which the plant exists, is a lease to the railroad and thus unuseable, additionally, environmental studies show that the ground beneath, at least part of this facility is so heavily contaminated that the whole place would have to be razed and severe soil remediation measures will have to take place before the acreage can be put to any further use.

The current listing realtor, Linda Bresee, sees very little hope in selling the plant (price now is in the \$250,000 range) and another realtor in Sutton told us that "it will cost more than \$350,000 just to tear down this mess". Asked, the town, through a spokeswoman, told us that Sutton has "not the slightest interest in paying the cost

of rehabilitating or razing the facility at taxpayers expenses". We have made numerous tries to contact the owners but our calls have not been answered.

Says local councillor Louis Dandaneault: "If they give it to us for a nominal Dollar, we could possibly do something with it, but to pay for a building that needs to be torn down is ridiculous".

Ridiculous is what most people in Sutton have come to call this situation. A large tract of the most beautiful land in one of the most environmentally friendly towns in the Townships is a mess of crumbling concrete, graffiti, dangerous open windows where children have been seen to climb into and completely ignored by its owners (who pay taxes amounting to \$4517 to the town annually), pretty cheap for 100,000 square feet when people on the mountain pay about the same taxes for a chalet annually.

Former general manager Mr. Talbot disagreed with the decision to close the plant down because he went on and managed another yarn company who, through making the best possible quality product did not only stave off the cheap stuff from the Far East but expanded operations because "quality will always be appreciated" and "if you want to downgrade quality for quantity, do not blame foreign competition but look at your own inability to position yourself in a competitive marketplace".

Needless to say, the last real "place of business" in Sutton is history and local employment is now the ski mountain, the local I.G.A., Couche Tard, Home Hardware, restaurants, the seasonal golf course and the elusive job at the municipal garage.

Sutton needs clean industry, Bromont has been able to find it through high tech and non polluting companies, so has Knowlton.

But first, Sutton has to rid itself of this gross monstrosity in the center of town: The Filtext Plant!

THE RECORD

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Instead, the answer lies in the messages written by so-called friends – indiscreet references to all our high school transgressions written in indelible Bic pen.

I swear, Mom, they made me do it



ROSS MURRAY

I graduated from high school 27 years ago, and to this day my mother hasn't seen my yearbook. And don't think she's forgotten it.

The topic comes up occasionally when I'm visiting.

"Hey, Mom, I'm going to the store. Do you need anything?"

"I think we're okay. Although you never did let me see your yearbook. Oh, and maybe some peas."

I'm an adult now, yes? And my mother is already quite used to me disappointing her, yes? So how bad could it be? Besides, it would take some fancy legal footwork indeed for her to ground me, and worst-case scenario it would be

only for a week.

Just show her the book, right?

Of course not. That window closed 22 years ago. Like my Great Aunt Millie, the yearbook is bigger than both of us. It's like that co-worker whose name you never learned and now it's too late to ask, so instead of addressing her directly, it's just "Hey there!" or "How's it going?" day after painful day.

There's also the fact that I can't remember exactly what I was worried about.

To refresh my memory, this week I retrieved my yearbook from its hiding place (my mom visits on occasion). There it was, as freshly embossed as it was in the spring of 1984. "Together Forever" is the title, which won out over "Mullets Forever" and "Dry Heaves Forever."

As I flipped through the pages of my graduating class – all those fresh faces and flawlessly feathered hair – I asked myself the question everyone asks when they look back at their high school classmates: "Who are these people?"

Granted, we were a big class, and many of my classmates rarely emerged from something called "The Mud

Room," which was the back section of the school where students were allowed to smoke. This was the eighties, after all. Sadly, the unprotected-sex room had closed by the time I got to high school.

There I am under the M's. I'm quite recognizable; smirking and smug are ageless qualities. My write-up reads in part: "Ross, one of ARHS's raunchier students, has a great sense of humor and a very keen eye for the fairer sex... He is now planning to replace Sylvester Stallone [sic] as Rocky."

You see, earlier that year I had gotten the living tar beaten out of me, a pounding that I fully deserved (see "smirking and smug" above). This wasn't why I hid the yearbook, though. My parents had already seen evidence of the fight in all its black-eyed glory.

Nor do I imagine I was fazed by the cartoon bubble my friend Ted drew over my head reading, "Hey, little girl, wwww hhhha wwww hhhha!" He's an economics professor now.

Instead, the answer lies in the messages written by so-called friends – indiscreet references to all our high school transgressions written in indelible Bic

pen.

One reads, "I'll never forget the fair and..." Whatever the "and" is I obliterated with ink. It must have been pretty bad. "I'll never forget the fair and seeing you kill a man just to watch him die."

Not that. "I'll never forget the fair and watching you humiliate yourself with that girl you really liked." Closer, but no.

Or perhaps one of my friends maybe sort of implied that I possibly had some sort of event at my parents' house during their absence the summer prior, let's say a pancake breakfast – an all-night pancake breakfast. Now, I'm not admitting I did have a pancake breakfast, but if I had thrown a pancake breakfast, I'm almost certainly positive none of the neighbours complained to my parents about the alleged pancake breakfast noise, making it the perfect crime – that is until my friends ratted me out in my yearbook. So what choice would I have but to hide such scurrilous allegations?

But I admit nothing.

And now, as a precaution, if you all wouldn't mind burning this newspaper after you've finished with it, we'll put the yearbook away for another 27 years.

Brome-Missisquoi sends strong delegation to Conservative Party convention

This past weekend, the Conservative Party of Canada held its convention in Ottawa. More than 2,500 delegates came from across the country to participate in writing party policy, altering our party's constitution, and selecting our national executive.

The riding of Brome-Missisquoi sent a very impressive delegation of seven people to fight, prod and cajole other party members into following our lead.

Led by Peter White, our riding association president, the delegation was able to score some very impressive victories.

For example, months before the convention, riding associations draft policy initiatives they would like to see the party adopt. The vast majority of these initiatives get screened out. The ones that make it to the convention then must go through a two-step process before they become party policy. First, they must go through a committee of about 300 delegates where they are debated and voted on. If they can pass this committee they make it to the floor of the convention

itself, where all 2,500 delegates vote. A double majority is needed – a majority of delegates as well as a majority of provinces supporting the initiative.

In all, of the hundreds of policy initiatives that were proposed, only about 15 made it to actual party policy. Our riding of Brome-Missisquoi, I am proud to announce, was able to shepherd an initiative straight through to become party policy.

Our proposal, drafted by Brome Lake resident Tony Rotherham, was to simplify the Income Tax Act to remove complexities and simplify the actual income tax form we must complete every year. It passed in a hall packed with thousands applauding.

Finally, all members of our association fought a very tough battle at the convention – one that threatened to break our party's winning formula. As things are, each riding in Canada (all 308) has equal importance when choosing the leader of the Conservative Party – who is currently, of course, Prime-Minister Stephen Harper. That is to say, Brome-Missisquoi's say equals any other

riding in Canada, Stephen Harper's own Calgary riding with its thousands of members, for example. This differs from the Liberal Party, for example, which has the one member, one vote system. Our system, which goes by ridings, is believed to be fairer, as it ensures a leader that has the support of a more diverse group of Canadians from across the country.

During the convention, some members worked to change our winning formula. Defence Minister Peter MacKay, Peter White and the rest of Brome-Missisquoi's delegation fought hard and were able to defeat the proposed changes in a landslide.

All of that said, Brome-Missisquoi can be proud that our riding association played a very active and effective role in drafting national Conservative Party policy and practice.

Nolan Bauerle
Conservative Party Candidate
Brome-Missisquoi, 2011

Mail dispute heats up

CONT'D FROM PAGE 1

the letter carriers as well, to distribute the mail everywhere in the country," said union president Denis Lemelin at a media conference.

The two sides have been disputing the now expired contract since October, locking horns over many key issues including pensions, wages and the health and safety of workers.

Prior to the lockout and rotating strikes, Federal Labour Minister Lisa Raitt had requested both groups return to the bargaining table and resume the stalled talks.

Union representatives said Canada Posts action was aimed at forcing the federal government to pass back to work legislation.

The mail freeze is causing other government departments to make alternate mail delivery arrangements.

Human Resources and Skills Development Canada announced that individuals who receive Employment Insurance (EI) cheques by mail will

have to visit their nearest Service Canada office to collect their cheque.

Recipients who have their cheques direct deposited will not be affected.

To find the nearest Service Canada office visit www.servicecanada.gc.ca, or call 1-800-O-Canada (1-800-206-7218).

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The Border Report

..."[T]he Haskell has such great acoustics and ambience, I couldn't think of a better place to do a live CD."

'Giving back to the community'

Local blues and jazz man to hold Haskell benefit show

By Matthew Farfan

Local blues and jazz favourite Mike Goudreau will be performing a benefit concert this coming Saturday night at (and for) the Haskell Free Library and Opera House. This is not the first time the talented singer-songwriter-musician has come to the aid of a local cause. Last year, he held a benefit for the new Pat Burns Arena. Among other activities, he is also a regular contributor to musical events at the local elementary school that his son attends.

For more reasons than one, Goudreau's Haskell benefit promises to be a memorable one. For not only will this home-grown musician be performing classics by greats like Louis Armstrong, Frank Sinatra and Duke Ellington, but he will also play some of his own original compositions. And, to make the evening even more special, Goudreau and his band will be recording their entire performance, which they plan to release as a live album, tentatively titled "Live at the Haskell Opera House," some time this fall.

To date, Goudreau and his band (whose members have changed over the years) have recorded 11 albums. Goudreau's first album, "Sold Out," was released back in 1994 with the Boppin Blues Band and was very well received. Combining fine guitar work and lead vocals from Goudreau with drums, bass, piano, horns and harp, the album prompted one reviewer to call the Boppin Blues Band "one of the most talented bands in Canada."

Following this early success, Goudreau and his band recorded several other albums. These included the 1999 release, "Happy Go Lucky," which featured nine original songs. This album was rated one of the five best CDs of the year by Real Blues Magazine, while the band itself was named Best Swing Band of the year.

In 2006, Goudreau moved away from the big band style with his album "The Grass Ain't Greener," which he recorded with the Mike Goudreau Band. This album



Mike Goudreau and friends

was characterized by a stripped-down style, featuring guitar, bass, drums, keyboards, and some harp and slide guitar thrown in for good measure. And once again, most of the songs were original compositions.

Goudreau has performed at clubs and festivals all over Canada and the US. He has appeared no fewer than eight times at the prestigious Montreal International Jazz Festival, and at blues and jazz festivals at Mont Tremblant, Quebec City, New Brunswick, and Omaha, Nebraska.

Once asked why he plays both blues and jazz, Goudreau explained, "I get bored doing just one type of music. I love jazz for its beautiful melodies, chords, and improvisation. I love blues for its energy, soul and milking its three-chord structure. I enjoy playing rock 'n roll too. But no matter what music I play it has to swing."

Goudreau continues to compose, perform and record. In 2009, CBC Radio's Holger Peterson had this to say about the singer-songwriter: "I love Mike's easy

going, confident approach to music. Backed by sympathetic players, that approach results in a cool, effortless swing whatever the groove. He shows his 'big picture' love and understanding of the blues in his guitar playing and songwriting. I'm happy to help spread the word by playing his music on CBC Radio's Saturday Night Blues and on Galaxie."

A resident of Stanstead, Goudreau was born in Newport, Vermont. He has been playing guitar since he was fourteen years old. Asked by the Record why he decided to do a benefit for the Haskell, he said, "I've lived in Stanstead most of my life and I think it's important to give back to your community any way you can. My thing is music and the Haskell is an amazing hall for a jazz concert (or any other type of acoustic music or theatre) and I wanted to help out in these difficult economic times to keep this place going for future generations."

As to why he decided to record a live album at the Haskell, Goudreau said, "I always wanted to do a live album, but just never got to it. Also, the Haskell has such great acoustics and ambience, I couldn't think of a better place to do a live CD." A live recording, he added, "captures the energy, ambience and the crowd's reaction to a performance and you can't reproduce that kind of vibe in a recording studio."

"Live at the Haskell," Goudreau says, will eventually be made available for sale at the opera house, and will incorporate interesting facts about the historic venue on the album jacket.

Goudreau will perform at the Haskell (1 Church Street, Stanstead) this coming Saturday, June 18, at 7:30 p.m. Joining him on the international stage will be Jonathan Boudreau (upright bass), Jean-François Bégin (drums), Sylvain Daigneault (piano), and special guest Maurice "Mo" St-Pierre (clarinet).

Tickets to this benefit are \$15. For more information, contact the Haskell box office at (819) 876-2471 (ext 205), or visit www.HaskellOpera.org.

Gershwin tribute coming up

By Matthew Farfan

The Haskell Opera House will be hosting pianist Michael Arnowitt along with guest vocalist John Wilson on Saturday, June 25 at 7:30 p.m. The pair will perform a tribute to legendary classical and popular composer and pianist George Gershwin.

Arnowitt, a classical and jazz pianist, will honour the great Gershwin (1898-1937), whose music dominated Broadway and American music in the 1920s and 1930s. The program will feature two of Gershwin's greatest compositions, "Rhapsody in Blue" and "An American in Paris," as well as a selection of the composer's own arrangements of his finest songs. Sung by vocalist John Wilson, selections will include "Summertime," "I Got Rhythm," "Someone to Watch Over Me," and others.

This performance is being sponsored by The Rotary Club of the Boundary as a

CONT'D ON PAGE 9

Masons to congregate on Owl's Head

By Charles Catchpaugh and Matthew Farfan

Golden Rule Lodge No. 5 of Stanstead, which was founded in 1803, held its first service on the summit of Owl's Head Mountain 155 years ago this year. The ceremony on the mountain has been a Masonic tradition for generations. Each year, members of the fraternity from near and far attend the famous gathering, at which one or several members are raised to full membership in the worldwide fraternity.

This year, as in the past, Fred Korman, owner of Owl's Head Ski Resort, will have a ski lift in operation to accommodate those attending the ceremony at the summit. This is quite unlike the old days when members were expected to hike to the summit.

Two Masons, one from Magog and one from Montreal, will be raised to full membership on Saturday, June 18, when Past District Deputy Grand Master Louis Barber will preside over the installation, in lieu of Golden Rule Lodge's current Master, Richard Chagnon, whose health will not permit him to ascend the mountain.

The event on Owl's Head is one of the most celebrated Masonic events in North America. Weather permitting, many Masons are expected to take part, some accompanied by family members. For those present, there will be refreshments, souvenirs, and (as always) the opportunity for Masons to ex-

change fraternal tales.

With Owl's Head being in such close proximity to Masonic lodges on both sides of the international boundary, Masons from Memphremagog Lodge in Newport, and elsewhere in Vermont, as well as from New Hampshire and further away, are expected to attend. Also, Masons from nearby Mansonville, Knowlton, Magog, Lennoxville and Sherbrooke usually play a key role in the yearly ritual.



MATTHEW FARFAN

Masons on Owl's Head in 2010.

Arena: No private boxes

By Matthew Farfan

Considering the nearly \$9 million price tag for building the Pat Burns Arena, the project has enjoyed a pretty smooth ride since it was approved by the public last fall. Last week, however, Stanstead council learned there was at least one unhappy person in town.

Dave Dubois, who is the president of Border Minor Hockey, told Council he was disappointed that the arena would not include private space with a view overlooking the ice, for Border Minor Hockey and other local hockey organizations.

To the obvious surprise of Council, Dubois said that it was "not politically correct to not involve grassroots organizations," like Border Minor Hockey, in decisions about space at the arena.

"We always had a box over the ice at the old arena, which we shared with North Country," Dubois said. "This isn't fair to the community which gives its money and its kids."

In response, Council said that no one — not even Stanstead College, which will be leasing the arena, and which is raising much of the money to build the facility — will have its own private box.

"The only private office will be for [arena employee] Marc Parent," said Councillor Guy Ouellet, who is a member of the arena committee, and who was clearly upset by Dubois' complaint.

Ouellet wondered why the town had not received the complaint earlier, instead of when construction of the arena is nearing completion. And he doubted that changes could be made to the plans at this late date.



MATTHEW FARFAN

Pat Burns Arena is almost finished.

Gershwin tribute

CONT'D FROM PAGE 8

fundraiser for the Albert Schweitzer Hospital in Haiti, which Rotary has been supporting for more than twelve years.

"During this past year," says Rotary member Dick Fletcher, "this hospital was never more challenged, responding to the tragic earthquake that took the lives of thousands of Haitians, and later, hurricane flooding and the outbreak of cholera. All proceeds from the concert will go directly to this hospital to help them cope with these humanitarian challenges."

Fletcher, who is one of the organizers of the concert, urges all fans of great music to book their tickets early. Tickets to A Tribute to George Gershwin are \$15 and are available at the La Vieille Douane Restaurant in Stanstead. For reservations, call (819) 876-5908.



Pianist Michael Arnowitt will pay a tribute to George Gershwin.

COURTESY PHOTO

2012 Audi R8 GT; less weight, more power



Fire up the V10 and it comes to life with a deep and low growl that seems louder in the GT than in the R8 5.2. Get moving on the autobahn and the engine sound turns to a loud shriek above 5,000 rpm all the way to its 8,700-rpm redline as the car is hurled forward with a strong and very addictive surge of power. In terms of sheer performance, this car is absolutely stellar, with the possible exception of its single-clutch R Tronic gearbox, which does shift gears faster than any driver could with a manual gearbox but is not as outstanding as Audi's faster and seamless double-clutch S Tronic gearbox. On that front, Audi engineers are working on adapting the double-clutch gearbox for future R8s, but this may not happen for one or two years.

On the secondary roads of Germany and Austria between Munich and Würthersee, the R8 GT felt more direct and precise in fast corners and showed less understeer than the R8 5.2, owing in part to its lower weight and to the modified calibration of its quattro all-wheel-drive system, which sends only 15% of the available power to the front wheels in normal driving conditions, with 85% being delivered to the rear wheels, giving this car a more rear-drive character. The internally vented and drilled brake discs of carbon fibre ceramic are both extremely powerful and easy to modulate, which is not the case with all ceramic brake disc systems.

Inside the cabin, the R8 GT is appointed with white gauges featuring red GT logos, aluminium and carbon fibre trim parts and a fabulous Alcantara steering wheel with shifter paddles. Despite its more radical character, the R8 GT still features air conditioning, navigation and a killer sound system. In Europe, it is also possible to order the R8 GT with a race option package including a roll cage, racing seats, four-point racing seat belts, a fire extinguisher mounted in the passenger footwell and two battery kill switches, but this option will not be available in Canada.

Exclusivity is assured as Audi will only build 333 R8 GTs for the world market, with 25 of those cars sold to Canadian customers for a price of \$228,000, some \$55,000 more than the V10-powered R8 5.2. Sorry to crush readers' hopes, but, as can be expected, all cars are already spoken for. However, Audi has announced that production is now starting on a limited run of 333 R8 GT Spyders with a fold-down soft-top for those who want to combine supercar levels of performance with open-air motoring.

Postmedia News

Gabriel.Gelinas@videotron.ca

By Gabriel Gelinas
Postmedia News

Würthersee, Austria • As a halo car, the R8 has done a lot for the Audi brand. With striking styling, all-wheel drive and a choice of V8 or V10 engines, the R8 can legitimately be considered a supercar, especially in the case of the 525-horsepower V10-powered 5.2 model, which sat at the very top of Audi's pyramid — until now. You see, there's a new kid in town and it's called the Audi R8 GT. Designed for very demanding customers who occasionally attend track days or club level competitive driving events, the R8 GT has been crafted by the engineers at Quattro GmbH, Audi's performance division, and their blueprints called for less weight and more power.

The GT version of the R8 gets a thinner windshield, the rear window and engine compartment bulkhead are made from polycarbonate, the engine cover is made of carbon fibre, as opposed to aluminium, and the matte carbon fibre composite fixed wing is mounted to the body with two bars, saving 1.2 kilograms of

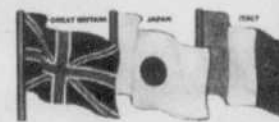
weight compared with the pop-up spoiler of other R8s. But that's not all. The exhaust system is both thinner and lighter, the engine subframe is made of magnesium and they even went as far as shaving the carpets ... The end result is that the R8 GT weighs 1,525 kg and is thus 100 kg lighter than the R8 5.2 model.

By revising the engine management software, the output of the 5.2-litre V10 has been increased to 560 horsepower, the exact same figure as the Lamborghini Gallardo. However, Lamborghini can still claim to have a more powerful car with its Gallardo Superleggera model, which has 10 more hp and is also lighter. These details become important as Audi and Lamborghini are both part of the Volkswagen Group and these subtle differences become key for the marketing and public relations divisions of their respective brands, but it probably won't mean much to anybody else. The R8 GT also gets revised suspensions with conventional coil-over springs and different geometry in order to provide more negative camber front and rear.

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Local Sports

"Most of all it's a start to what she's trying to accomplish in this area and to have more people come and learn about the sport."

Determined mother brings sledge hockey to Sherbrooke

By Ben Kramer

One of the strongest forces in the universe is a mother's love for her child. When that strength is matched with determination anything can be accomplished. Dorothee Roy is such a mother. Roy's son Samuel, like most 11-year-old Canadian boys, is a major hockey fan and has a great desire to play his favourite sport. For Dorothee and Samuel it's not as easy as signing up and buying equipment to participate in a local hockey league, because Samuel has cerebral palsy.

Dorothee Roy is the driving force behind "Club de hockey sur luge Estrie," and has invited everyone to discover and experience what the sport of sledge hockey is about.

"I was amazed by what she was trying to do and what she was trying to accomplish bringing hope, encouragement, something positive, an activity to people who may not be as fortunate as most of us physically," former Montreal Canadiens netminder Jocelyn Thibault told the Record.

For the past two years every Saturday, Samuel Roy and his mother have travelled back and forth to Laval in order for Samuel to play adapted hockey, more commonly called sledge hockey. Last June Roy started to devote her time and energy to bringing sledge hockey to the Townships. With the realization that there must be others who have a passion for hockey, are handicapped, and have a desire to play their favourite sport, her work began.

Since conceiving the idea there have been obstacles to overcome — gaining recognition and finding support, finding equipment, organizing time and players to fill the ranks, and most importantly, money to see the project come to life. Twice she entered her project online in Internet contests hoping to win a \$25,000 prize to launch her dream, on the second attempt coming down to the



Samuel Roy practices his favourite sport.

COURTESY

last few hours before being surpassed in votes by another project.

Conceived in Sweden in the 1960s and played on the same ice and with the same rules as regular hockey, this sport has gained worldwide acceptance and has been included in the Paralympic Winter Games since 1994. Canada, Norway, Japan, Sweden, Germany, England and the United States all have teams involved in events such as World Sledge Hockey Championships, Hockey Canada Cup and the Paralympics. The equipment is a little different, consisting of a luge or sled on skate blades and two sticks for shooting, passing and propulsion around the ice.

Despite the setbacks, Roy's determination never wavered and this Saturday, June 18 at the new Complexe Sportif Thibault GM at 2959 University Blvd. in Sherbrooke, the dream comes to life with a demonstration open to the public interested in supporting and participating in sledge hockey. The event is

open to everyone — child, teenager or adult, handicapped or not. Players from the league in Montreal will be on hand with their equipment helping those who venture onto the ice to test their skills.

Thibault and his partners offered

their support seeing the need to help expose this activity to the public.

"If we can help out by participating, as far as promoting the sport and helping with some time and equipment. Most of all it's a start to what she's trying to accomplish in this area and to have more people come and learn about the sport. I believe our involvement is a win-win situation," Thibault said.

A number of notable personalities will be on hand to help launch the demonstration, which runs from 10 a.m. until noon Saturday, among them Sherbrooke Mayor Bernard Sevigny, Gerard Belanger, president of Hockey Estrie, and Thibault, one of the four principals involved in the arena project. Thibault, himself will take the challenge and join the participants on the ice during the morning.

"I'll give it a try on Saturday. I heard it's very difficult; it should be a unique experience. I'm looking forward to it," he said.

Although not yet an organization recognized by the city and therefore not eligible for public grants or ice time, the hope is to group together with other regions in Quebec and form a league to begin play in January, 2012.

Pair of Als on Huntley's hit list

By Mark Masters
Postmedia News

The anger kept building inside of Toronto Argonauts defensive tackle Kevin Huntley in the days, weeks and months following last November's East Division final loss in Montreal.

"They had all the swagger that a champion should have, but at the same time I don't like the way they went about the victory against us," said Huntley. "To me it was unsportsmanlike."

Late in the game, which the Alouettes won 48-17, Huntley feels he was the vic-

tim of a cheap shot by receiver Jamel Richardson.

"They threw a little swing pass to Avon Cobourne and I was running to the ball, but we were going to tackle him so I slowed down and Richardson came out of nowhere and, pow, he knocked me back and I fell down. It was a crackback.

"They knew they could do that, because they were up. It kind of pissed me off. Jamel Richardson is on my list and I promise all Montreal fans the first time I'm around him and he catches a pass I'm going to dump him on his head. You can put that in the paper."

Huntley was further infuriated when Alouettes receiver S.J. Green taunted him after the hit.

"Green was like, 'Yeah, we're knocking them down out here!' Blah, blah, blah."

"I don't usually say this about people, but I hate them."

The Alouettes were not the only source of frustration for Huntley during the off-season.

Despite leading the Argos with nine sacks last year, Huntley missed four games near the end of the regular season due to injury. The CFL all-star underwent two surgeries on his right shoulder during the off-season.

Huntley underwent an additional procedure on his left knee, which was also a source of discomfort.

One of Huntley's main goals during the off-season was to lose weight. At the end of last season, the 29-year-old from Washington, DC, was out of shape.

Huntley estimates he was about 330 pounds last November. When he reported to training camp on June 4, the six-foot-eight Huntley weighed in at 293.



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DR. GOTT



Laser procedure for bulging discs

By Peter H. Gott, M.D.

DEAR DR. GOTT: I'm a man in my 60s with two bulging cervical discs. I tried physical therapy and a cervical steroid injection with no relief. The pain radiates from my shoulders down my left arm. The surgeon said I would need surgery to correct the problem. I looked on the Internet, and there is laser done as an outpatient procedure.

Have you heard of this with lasers to correct bulging-disc problems and to eliminate bone spurs? My surgeon said my procedure would include about three days in the hospital.

DEAR READER: Bulging discs can occur anywhere in the spine; however, the cervical (neck) and lumbar (low back) areas are most commonly injured. A bulge occurs when the outer fibers of the disc stretch and weaken, allowing gelatinous material to bulge outward. When this occurs and a pinched nerve compresses against the spinal column, pain and debilitating symptoms occur. There are times, however, when an individual may be completely unaware of having a bulging disc if that bulge doesn't press on surrounding tissue.

To the best of my knowledge, laser spine surgery, often touted as noninvasive or minimally invasive, has not undergone controlled clinical trials. It is not, in fact, noninvasive, and few neurosurgeons consider it a viable alternative option to traditional back surgery. Incisions are still necessary, but whereas traditional options use electrocautery devices or air drills, laser surgery simply uses a laser to do the cutting.

There is no clear benefit of one over the other; however, the Mayo Clinic has stated that its facilities don't use or recommend laser spine surgery.

My recommendation to you is to continue to look for nonsurgical options. Get a second opinion from a neurosurgeon or ask for a referral to a pain specialist or clinic. Surgery of any kind is a major decision, especially when the spine and spinal cord are involved. You must consider outcomes that are not favorable, such as permanent nerve damage and paralysis. While not likely to occur if the operation is performed by a



**Grace Anna (Nee McKellar)
GAUTHIER BRIERE
(1935-2011)**

At the Brome-Missisquoi-Perkins Hospital in Cowansville, on Sunday June 12, 2011, at the age of 75, passed away Grace Anna McKellar Gauthier Briere. Beloved of her first husband, late Martin Gauthier, beloved husband Claude Briere.

She leaves to mourn her 15 children, her 39 grandchildren, 57 great-grandchildren and 8 great-great-grandchildren, her brothers and sisters, brothers-in-law and sisters-in-law, her nephews and nieces, numerous other relatives and friends, also the family Briere, 12 grandchildren and 15 great-grandchildren.

Family and friends will be welcomed at the Desourdy Funeral Home, 318 Knowlton rd., Knowlton Que. JOE 1V0, Tel: (450) 263-1212, Fax: (450) 263-9557, info@desourdy.ca on Thursday June 16, 2011 from 7 p.m. to 9 p.m. and on Friday June 17, from 9 a.m. to 10:30 a.m. followed by the funeral service from St-Paul's Anglican Church in Knowlton at 11 a.m.. Interment at Knowlton Protestant Cemetery.

Donation can be made in her memory to the B.M.P. Hospital Foundation (forms available at the funeral home) would be appreciated.

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FAX: 450-263-9557

info@desourdy.ca

highly qualified, experienced surgeon, these are still possibilities.

Based on your letter, you have tried only two therapies. There are several other things for you to try, such as non-steroidal anti-inflammatory drugs, epidural injections, massage, chiropractic manipulation and much, much more. Don't agree to surgery until you have exhausted your other options.

DEAR DR. GOTT: At my recent colonoscopy, I was somewhat surprised when my doctor told me that eating popcorn and peanuts wasn't a bad thing as long as it was in moderation and with plenty of fiber. My wife couldn't believe it, either. I sometimes eat "salted in the shell" peanuts, shell and all, and have had no diverticulitis recurrences. What is your opinion on eating popcorn and peanuts as I sometimes do?

DEAR READER: There are two schools of thought on this. One and the oldest is that individuals with diverticulosis/diverticulitis (having pouches in the colon wall/infection of the pouches) avoid all foods with small seeds such as raspberries, strawberries, tomatoes, popcorn, corn and nuts. The reasoning behind this is that these foods may not break down completely before hitting the intestine and, thus, become lodged in the diverticula (pouches), which might lead to inflammation and infection.

The second school of thought is that many of these foods are healthful and if carefully chewed, they can be a part of the diet. Moderation is key, of course, so limiting intake to a no more than a few

times a week is important.

To the best of my knowledge, neither school has proven to be better or worse than the other. I recommend that you follow your physician's advice. Keep your intake in check and make sure that you chew thoroughly.

Readers who are interested in learning more can order my Health Report "Diverticular Disease" by sending a self-addressed stamped No. 10 envelope and a \$2 check or money order to Dr. Peter Gott, P.O. Box 433, Lakeville, CT 06039-0433. Be sure to mention the title when writing or print an order form off my website's direct link www.AskDrGottMD.com/order_form/pdf



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

More information contact them by email at: Info@BullyingCanada.ca or visit their website www.BullyingCanada.ca

Death



**M. Charles
GUILBAULT
(1938-2011)**

Suddenly, on Monday, May 30, 2011 at the age of 72, passed away

Charles "Charlie" Guilbault. He leaves to mourn his sister Theresa, his brothers, Arthur, Marshall and Arnold, his nieces and nephews, other relatives and many dear friends. Family and friends will be welcomed at the

Désourdy Funeral Home

4, Vale Perkins

Mansonville JOE 1XO

Phone: (450) 263-1212, Fax: (450) 263-9557

info@desourdy.ca

where family and friends may visit on Saturday, June 18, 2011 from 10 a.m. to 1:30 p.m. followed by the funeral service from the Mansonville Anglican Church, Rev. Ryk Allen officiating.

Interment at Mansonville Protestant Cemetery. Donations in his memory to the Mansonville First Responders would be appreciated. Forms available at the funeral home.

DÉSOURDY FUNERAL HOME
104 Buzzell St., Cowansville QC
PHONE: 450-263-1212
FAX: 450-263-9557
info@desourdy.ca

Graveside Service

MacINNIS, Jean (nee Kerr) - A graveside service will be held at the Danville Protestant Cemetery on Saturday June 18 at 2 p.m. for the late Jean MacInnis (nee Kerr). A light reception will be held at the home on Bruce and Nellie Kerr, 457 Craig St., Richmond, following the service.

In Memoriam

WELLS, Madelene - In loving memory of a dear sister and aunt who passed away June 16, 1998.

WELLS, Horace & Ada Partington - Dear parents and grandparents. Dad who passed away July 26, 1966 and Mother who passed away August 22, 1990. Sadly missed and always remembered by the family.

MERVA & FAMILY

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAM, BRIEFLETS:

Text only: 37¢ per word. Minimum charge \$9.00 (\$10.25 taxes included)

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$15.00 (includes taxes)

With photo: \$25.00 (\$28.48 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS, OBITUARIES:

\$25.00 (\$28.48 taxes included) **WITH PHOTO:** \$35.00 (\$39.87 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: classad@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.

TOWNSHIPS' CRIER

LENNOXVILLE

Watercolour with Denis Palmer. Up-lands Cultural and Heritage Centre is offering a five-week workshop with artist Denis Palmer. Discover the techniques of watercolour - beginner and experienced artists welcome! In the garden, Saturday mornings from 9 a.m. until noon starting June 19. The cost does not include materials. Bilingual environment. To register, call (819) 564-0409.

DANVILLE

The directors of the Danville Curling Club are pleased to invite everyone to the Club's annual Barbeque to be held on Saturday, June 18 from 5:30 p.m. to 7:00 p.m. at the Danville Curling Club at 1449 Route 116 in Danville. Everyone is welcome.

LENNOXVILLE

A.N.A.F. Unit 318 (The Hut) Mechoui and Entertainment fundraiser on Saturday, June 25. Supper at 6 p.m. Music by Saddle Rock (Pif Patton). Admission charged. For more information, call 819-346-9122. Tickets available at Clarke & Sons, Paradis Garage or at the A.N.A.F. in Lennoxville.

RICHMOND

On Saturday, June 18 from 3 p.m. to 9 p.m. the Royal Canadian Legion Branch #15 is holding an afternoon of music with Dave McBurney and the Eaton Valley Wranglers, followed by a baked bean & salad supper. To be sure we prepare enough food, please reserve your supper by Friday, June 17. Call Debbie at 819-826-2781 or the Legion at 819-826-3444.

SUTTON

Karaoke night with Randy at Sutton Royal Canadian Legion, 2 Curley St., 8 p.m. till closing. Bring your friends. Info: 450-538-2210.

SUTTON

All-you-can-eat Brunch at the Royal Canadian Legion, 2 Curley St., Sutton on Sunday, June 19 from 10 a.m. to 1 p.m. Eggs the way you like them. Good variety of food. Omelets are our specialty. Admission charged, little ones are always free. Everyone is welcome. Sutton Legion 450-538-2210.

LENNOXVILLE

Strawberry Social at Lennoxville United Church, 6 Church Street, Lennoxville, Thursday, June 23 from 4:30 to 7:00 p.m. Hotdogs, fresh strawberries, ice cream, cake, strawberry shortcake and beverages. Come and bring a friend! Patricia Smith, 819-823-8497.

RICHMOND

Scott Woods Fiddle Variety Show. Last chance to get tickets for afternoon or

evening shows. Advance sales only. Contact Phyllis at 819-826-5883, Lynn at 819-876-7179 or Ernie at 819-838-4210. First come, first serve.

AUSTIN

Father's Day Afternoon/Evening. Gifts for dads. "Jimmy Edwards & The Country Folks" with wall-to-wall musicians. Sunday, June 19 (New Time) from 2:30 p.m. to 7 p.m. Municipal Hall, Millington Road, Austin. Guest - Ron Haynes and "The Castaways". Ann & Robert. Sandwiches & salad, etc. Desserts, tea/coffee. Raffles, door prizes, half & half. New Price - Entry \$12. A big thank you to our American Buddies who come as well. (Remember this is a charity, so please try to bring exact change) All proceeds are to be used for Lee's CCSVI procedure.

KNOWLTON

Country Jamboree for M.S. June 25. Oddfellows, 476 Knowlton Rd. (Main), Knowlton. 4 p.m. to 9 p.m. Entry - \$10. Sandwiches, chips and soft drinks available for \$1 ea. Tea and coffee free, bar. Available bands - Jimmy Edwards & The Country Folks, "The Silverado Band", "The S&M Connection". Rocking the 50's music with style. "The Castaways" with Ann and Robert, featuring several guest artists, such as Larry Davis on fiddle, and well-known Buck Sayers and Ron Haynes. Tel 819 823-7167 for more

info.

LENNOXVILLE

The Annual General Meeting of Mental Health Estrie will be held at 7 p.m. on Tuesday, June 28 at the Marguerite Knapp Building, 257 Queen, Borough of Lennoxville. For more information, call (819) 565-3777 or e-mail mental-health.estrie@bellnet.ca.

STANSTEAD

Haskell Opera House - Mike Goudreau Jazz Band, Haskell Benefit and live recording event. June 18 at 7:30 p.m. For more information call 802-873-3022 or visit www.haskellopera.org.

...

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, P.O. Box 1200, Sherbrooke, Quebec, J1H 5L6, 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.

It's true, but it makes me feel petty.

Annie's Mailbox

Dear Annie: I have known "Tony" for 17 years, and we've dated for the past seven. He has one ex-girlfriend who has remained in his life. When "Mara" became pregnant (by another man), she asked Tony to be the godfather. At first he told her no, because he thought it would make me uncomfortable (you think?), but after she pleaded with him that there was no one else, he agreed to do it. He told me he was only doing a favor for her and it didn't mean he would be involved in the child's life.

I accepted the situation as best I could. Since then, we have all been together a couple of times, and Mara is so self-absorbed, it makes me uncomfortable. She never includes me in the conversation.

A year ago, Mara called about getting together so Tony could see his godchild. I was going to be out of town that weekend, so Tony turned her down. But that same weekend, she somehow arranged some kind of drama and called Tony to come over and help her out. She knows how to manipulate and play the helpless female. Fortunately, nothing happened because Tony didn't fall for it.

The problem is, when Tony told me about that weekend, it made me wonder about Mara's true motive. However, whenever I mention to Tony that she might be too interested, he gets angry and defends her every time. He insists that Mara has no desire to be with him again, and I believe that's true, but it seems she still wants to exert control over him.

Annie, please tell me if I am overreacting. I think exes should stay in our memories, not be part of our future. — Insecure in Seaside

Dear Seaside: In many instances, being a godfather is a serious religious responsibility. If Tony isn't interested in a relationship with his godchild, he should bow out and ask Mara to find someone else. But if he continues in this

role, it will necessitate ongoing, regular contact with Mara. It doesn't matter whether she is trying to exert control. It only matters that you trust Tony.

Dear Annie: For the past 10 years, my friend "Ted" has sent out an e-mail blast asking people to support a fundraising "walk" for a good cause. My husband and I have always given a donation, as we believe in the cause and also want to support a good friend. However, Ted has never once acknowledged our giving on his behalf.

Over the years, our charitable giving has become more focused, and we no longer will be donating to Ted's fundraiser. Should I have sent him a letter directly, telling him the primary reason was because he never said "thank you"? It's true, but it makes me feel petty. — Even Fundraisers Should Say Thank You

Dear Even: The charity should have acknowledged your donation. As a friend, Ted also should have thanked you, especially since you came through for him year after year. You are not obligated to volunteer the information about why you have dropped this particular charity, but if Ted should ask, it is OK to include the fact that your donations didn't seem particularly appreciated.

Dear Annie: "Tired of it All" said her husband developed erectile dysfunction and stopped wanting sex. Another reader said the reason her husband stopped wanting sex was because he was gay. Here is another one:

My husband, a fit man of 55, experienced erectile dysfunction for years. Doctors were quick to prescribe pills to make everything better. Instead, we chose to find out why he was having problems. It turned out that his erectile dysfunction led us to discover the tumor at the base of his spine.

Most men simply would not know

how to deal with such a sensitive sexual problem without compassion, guidance and understanding. — Working Through it Together

Dear Annie: I'm confused about what to do with a situation in my family. At the age of 21, I am the oldest of four children. My parents have been divorced for seven years and still remain good friends. Dad remarried six years ago and is miserable. I know because he told me.

I have evidence that makes me believe my father is having an affair with my best friend's mother. (She is divorced.) I am convinced he is in love with her. I am not condoning his affair, but I want him to be happy. I want him to get out of his current marriage with some integrity left.

The only person this is going to hurt is my stepmom. I don't wish her ill, but I have seen how unhappy my father is and have been hoping for a long time that he could see his way out of his misery. Should I encourage him to fight for his happiness? — Distraught Son

Dear Son: We know you love your father and want him to be happy, but you truly need to stay out of this. Too often, well-meaning family and friends get blamed for whatever happens. You can tell Dad that he deserves to be content and you want that for him. You can also tell him to seek counseling if he's having trouble. But that's it. He needs to handle his marriage in his own way.

Dear Annie: Why is it that when you hit the magic age of 60, people automatically think of you as being old? I am 62 years old. I do not act old, and I do not dress old. But ever since I turned 60, people have been treating me like I should be sitting in a rocking chair waiting to die.

I had a 22-year job with a large company that decided those of us with years of

experience should no longer be working for them. And now it's impossible to find another position.

Companies should not be afraid to hire older people. We are good, reliable and responsible workers. We don't take time off for maternity leave and are willing to work long and late hours.

I have been looking for full-time employment for more than a year. I am not ready to retire. I know how important it is to keep active at any age, so I've taken a series of part-time jobs. Please tell businesses not to be afraid to hire an older adult. We are willing to give our all for the betterment of YOUR company. — Young at Heart

Dear Young at Heart: In most instances, companies drop older workers for economic reasons. However, they lose a great deal when it comes to experience and continuity, which can end up costing more in the long run. Seniors can find information on job searches and training at foundation.aarp.org and through experienceworks.org (1-866-976-5939).

Dear Annie: I read the letter from "Michigan," who was worried about her future connection to her sons after they marry. Please allow me to give her the advice my father gave to me.

Before I married, my father sat me down at the kitchen table and said, "You'll have a couple of houses, several cars, maybe some kids and even the possibility of another wife, but let me tell you something, boy. You're only going to have one mother. Treat her well while she's here."

Two years ago, I buried both parents and have no regrets because I was there for them. — Still Miss Them

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

CELEBRITY CIPHER

by Luis Campos

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

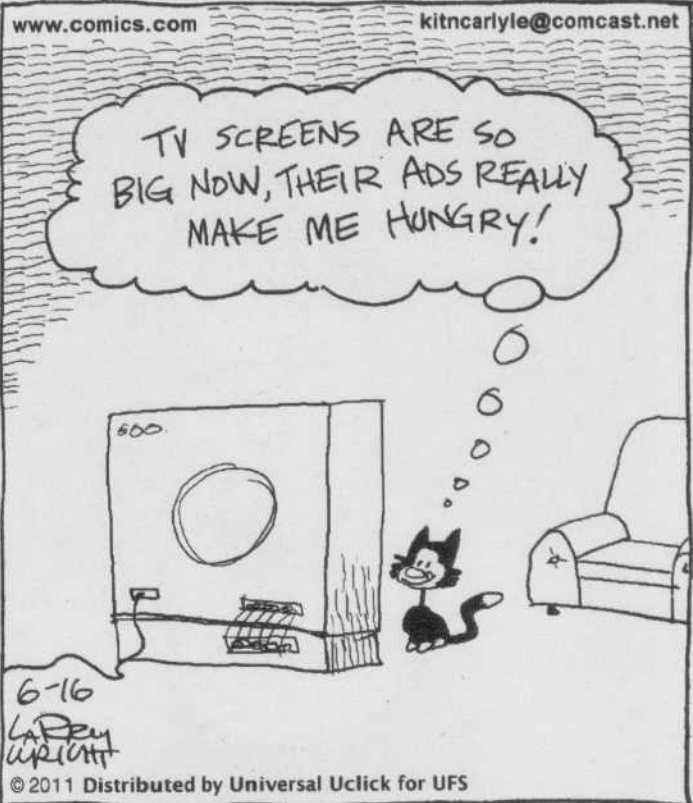
Today's clue: X equals V

"B KLEJF BS AFL YFVWRJ GBLLEBPF
JWFY RWS NFB L B XFET. YAF NBSY
SW YFF NABS YAF EY PFSSERP."
- AFTFR LWNTBRJ

PREVIOUS SOLUTION: "I don't get down on nobody else for doing whatever else they do. To each his own." - Little Richard

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KIT N' CARLYLE



HERMAN



"See what happens when you can't make up your mind!? ... 'illegal U-turn.'"

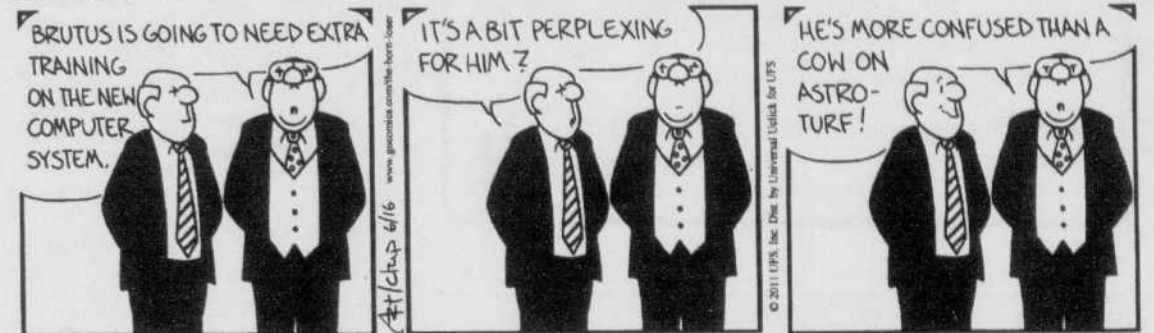
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THE BORN LOSER



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OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

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LENNOXVILLE

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STANSTEAD

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Thursday, June 16, 2011

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EAT IN AND SAVE

Frozen Ravioli: Dinner in minutes

By Marialisa Calta

It always seems there can't be a busier month than December, with all of its gift-buying, cooking, and party-attending. Then June arrives and slam! All those baby and bridal showers, weddings, and graduations require gift-buying, cooking and party-attending. On top of that, if you have children, there is bound to be a slew of end-of-year concerts, sports banquets and awards ceremonies. And somehow, you are still expected to get dinner on the table.

This is when it pays for every home cook to have a trick or two up his or her sleeve, which means having some strategic staples on hand for no-brainer cooking.

One great convenience food is a rotisserie chicken from the supermarket. The meat from that chicken can be turned almost instantly into rather fabulous dinners: potpies, curries, soups, and stir-frys. Carla Fitzgerald Williams wrote a whole book about rotisserie chickens, "Rotisserie Chickens to the Rescue!" (Hyperion,

2003) and with it she taught readers to look at that chicken-in-a-hot-foil-bag as an **INGREDIENT**, not just a food to eat plain, by itself.

Which brings me to a second go-to convenience food: frozen ravioli. Have some of these babies in your freezer and you'll never worry about getting dinner on the table again.

It first occurred to me that frozen ravioli — like rotisserie chicken — could be used as an ingredient when I read former "Biggest Loser" chef Devin Alexander's "I Can't Believe It's Not Fattening" (Clarkson Potter, 2010) and her recipe for "Ravio-Sagne." I don't think there are enough recipes around to fill a whole cookbook, but I've encountered quite a few in cookbooks, online, and from friends. If you use whole-wheat ravioli, the resulting dish will be even healthier.

Below is a dish of ravioli fit for company from EatingWell Fast & Flavorful Meatless Meals, (Countryman Press, 2011) by Jessie Price and the editors of the award-winning EatingWell magazine. Emphasis in this book is on the "fast and flavorful"; unless you are a vegetarian, you probably won't notice that the recipes are meatless.

Here are some other quick ideas from various sources:

* Devin Alexander's "Ravio-Sagne": Coat the bottom of a baking pan with 1/2 cup of tomato sauce. Layer one-third of a

25-ounce package of frozen cheese ravioli, 2/3 cup of grated low-fat mozzarella and a generous sprinkling of shredded basil on top. Repeat twice. Cover with foil and bake at 400 F for 40 minutes.

* Fried ravioli: Parboil frozen cheese ravioli. Drain well. Dip in beaten egg, then dredge in seasoned breadcrumbs. Fry in butter or olive oil. I like these with some frizzled (fried) fresh sage leaves and a dusting of cheese. You could also serve them with tomato sauce for dipping. I found this in my recipe box, labeled "St. Louis Style Ravioli" with no attribution. Apologies to the long-lost Missouri cook who gave it to me.

* Ravioli soup: Saute an onion and some garlic in a pot. Add carrots and bell peppers and saute a few minutes. Pour in 4 cups stock (chicken or vegetable) and a 28-ounce can of whole tomatoes (chop them first) and their juices. Heat to a simmer. Add 9 ounces frozen cheese or meat ravioli and cook until tender. Serve with grated cheese. You can also add diced zucchini and/or peas when you add the ravioli. Adapted from EatingWell.com.

* Grilled ravioli (I haven't tried this, but it comes from a grill-crazy friend and sounds like it has potential): Dip ravioli in boiling water for about a minute, so they are just soft enough to thread on a skewer. Brush with melted butter or olive oil and grill. Sprinkle with grated cheese and serve.

RAVIOLI WITH ARUGULA & PECORINO
1 pound fresh or frozen cheese ravioli, preferably whole-wheat
1 large clove garlic, peeled and minced
1/2 teaspoon kosher salt
1/4 cup extra-virgin olive oil
2 large shallots, peeled and sliced
3 tablespoons red-wine vinegar
1 teaspoon Dijon mustard
freshly ground pepper to taste
6 cups arugula
1/2 cup shaved Pecorino Romano or Parmesan cheese

Bring a large pot of water to a boil. Cook ravioli until tender, 7 to 9 minutes or according to package directions.

Meanwhile, mash garlic and salt into a paste with the side of a chef's knife or back of a spoon. Heat oil in a small skillet over medium heat. Add the garlic paste and shallots and cook, stirring often, until just starting to brown, 2 to 3 minutes. Stir in vinegar, mustard and pepper; remove from heat.

Drain the ravioli well. Place in a large bowl and toss with arugula and the dressing. Serve sprinkled with cheese.

Yield: 4 servings

Recipe from "EatingWell Fast & Flavorful Meatless Meals" by Jessie Price and the Editors at EatingWell magazine (Countryman Press, 2011).

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BROMONT

Dépanneur Shefford Inc. - 624 Shefford

BURY

Magasin Général - 539 Main

COATICOOK

Bonisoir Coaticook - 25 St. Jacques N.

COOKSHIREDépanneur Chez Laro - 435 Principale E.
Carrefour Plus L.S.D. Inc. - 20 Principale E.
IGA Boniprix - 115 Principale E.
Station Serv. Y.P.G. - 440 Rte 108**COWANSVILLE**Aliment. S. Trooper - 218 Albert
BMP Hospital - 950 Main
Boni Soir Cowansville - 350 Principale
Jingyi Lu - 1426 South
Dépanneur Shell Select - 102 Church
Attractions - 175 Principale
IGA Daigneault - 1531 South**DANVILLE**

Marché du Carré - 18 Water

DUNHAMDépanneur Chez Ben - 107 Bruce
Dépanneur Dunham - 3528 Principale**EAST ANGUS**

Dépanneur East Angus - 95 Angus S.

EAST BOLTON

Dépanneur Fusée - 926 Bolton Pass

EAST FARNHAM

Épicerie 4 Fourches - 220 Principale

EASTMANStation O'Kataventures - 343 Principale
Marché JP Fontaine - 382 Principale**FARNHAM**

Tabagie du Centre-ville - 97 Principale E.

FOSTERDépanneur Lakeside - 756 Lakeside
Dépanneur Des Érables - 685 Bondville**FULFORD**

Wright's General Store - 69 Davis

GEORGEVILLE

Magasin Général - 4675 Georgeville Rd.

GRANBY

Multi Revues - 151 Principale

KNOWLTON/LAC BROMEDépanneur Rouge - 483 Knowlton
Barnes' magasin général - 39 Victoria
Uniprix - 310 Ch. Knowlton**LENNOXVILLE**PML - 182 Queen
Bishop's Book Store - Campus - 2600 College
Pharmacie Valérie Courchesne - 147 Queen
Famili Prix - 156 Queen
Provigo Lennoxville - 169 Queen
Acc. Place Oxford - 3085 College
Couche-Tard - 89 Queen**MAGOG**Marché Gaudreau - 836 Sheldon Rd. (Fitch Bay)
Épicerie Lussier Inc. - 92 Hatley
Dépanneur Cabana - 5 St. Patrice E.
Tabagie Label Inc. - 423 Principale W.
Supermarché Plouffe - 460 St. Patrice W.
Café Claire - 1700 Sherbrooke
Pharmacie Jean Coutu - 448 St. Patrice W.
Tabagie Centrale 2000 - 328 Principale W.
Chez Be... - 130 Southière
IGA - 231 Sherbrooke**MANSONVILLE**Marché Richelieu - 340 Principale
Dépanneur Des 13 - 6A Vale Perkins**NORTH HATLEY**Acc. Massawippi - 45 Main
J.L. LeBaron (North Hatley Itée) - 105 Main**RICHMOND**Dépanneur Craig - 45 Craig E.
Garage J.-G. Viger - 491 Craig
Pharmacie Proxim - 260 Principale N.**ROCK FOREST**Dépanneur Mi-Vallon - 4470 Bourque Boul.
Dépanneur Gama - 699 du Curi**SAWYERVILLE**Dépanneur Sawyerville - 19 Cookshire
Dépanneur CPL Lachance - 2 Cookshire**SCOTSTOWN**

Dépanneur Victoria - 30 Victoria W.

SHERBROOKEÉpicerie Boisvert - 1246 King W.
Tabagie Dubois - 304 King W.
Dépanneur Carrefour Portland - 2880 Portland (Shell)
Boutique du Carrefour (CHUS) - 3001 - 12th Ave. N.
Dépanneur Bowen - 1008 Bowen S.
Tabagie Wellington 2000 - 154 Wellington N.
Tabamag - 3050 Portland Blvd.
Marché Prospect - 1124 Prospect
Hotel Dieu Hosp. Gift Shop - 580 Bowen S.
Sherbrooke Hospital Hospitality Shop - 375 Argyle
Tabagie King (1985) Entr. - 2239 King W.
Acc. Woodward - 903 Woodward
Dépanneur Conseil/Boni Soir - 485 Conseil
Dépanneur Chez Michel - 2208 Galt. W.
De Chern SUM - 1594 Durham
Dépanneur André - 1981 André
Tabagie de l'Est - 789 King. E.**SOUTH STUKELY**

Dépanneur Gaumont & Fils - 2166 Route 112

STANBRIDGE EAST

Marché Stanbridge East - 1 Dépôt

STANSTEADIGA - 14 Fairfax
Marché P.S. Pellerin Inc. - 650 Dufferin
Couche-Tard - 3 Fairfax
Dépanneur J.A.N. - 45 Principale**SUTTON**Dépanneur Galipault - 7 Principale
IGA Després - 44 Principale N.**WATERLOO**Dépanneur Dixie - 5413 Foster
Dépanneur Dufresne & Russell - 17 Lewis E.**WATERVILLE**

Dépanneur Waterville - 130 Principale

WEST BROMEF.G. Edwards Co. Ltd. - 12 McCurdy
Marché Vallée Bleu Inc. - 1165 Knowlton Rd.**WINDSOR**

Super Dépanneur Windsor - 126 Principale N.

THE
RECORD