

# If I could write the rules to live by



**THE SCOOP**  
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Although a spiritual person, I am far from an expert on any religion. This first paragraph of my article is my interpretation in regards to the subject of which I am writing today. For those who are familiar with Bible readings, Exodus 20 and Deuteronomy 5 tell us of The Ten Commandments sent down from God and delivered by Moses to the Israelites. These commandments are said to be the “laws” by which people are encouraged to live.

For the past two weeks in my work with young leaders at the Youth Centre in Mansonville, I have spent time asking children from ages 5-11 as well as older teenagers aged 12-19, if they were asked to write the rules or laws to live by, with each only given the opportunity to

choose the one they hold in the highest priority, what he or she would write? Here I will share some of the responses I received starting with the younger group ages 5-11.

- Stay on the road ahead and don't dwell on the past
- It's easy to judge others, why not start with yourself
- It's easy to accuse others but don't forget that you are responsible for your own actions and choices
- Do your best and don't give up!
- Don't be mean!
- Never try to make a situation worse
- Don't judge
- Don't be afraid to be yourself
- Everyone has the right to be happy
- Don't bully!
- Never try to be something you are not
- Don't fight!

The older youth found this exercise extremely thought provoking and many had more than one suggestion. Here I am sharing a few at random...

- Make mistakes, they are learning experiences
- Trust people who love you the most
- Be kind and helpful
- Live in peace
- Everybody deserves respect
- Help people
- Live in the moment
- Love yourself for who you are

- Don't betray those who befriend
- Give to get
- Love strong
- Always protect your children
- Kids matter

Listening to the youth as we did the exercise made me realize that the world is in pretty good hands with these kids

being part of the future. The various suggestions made within the group were shared with respect and interest by the other youth with all of the ideas and thoughts exchanged.

Likely Moses himself would have been proud as he listened in on the discussions.



PHOTO BY MABLE HASTINGS

## Défi Acotango group takes on Mont Lafayette

**Record Staff**  
**SHERBROOKE**

This Sunday, the seven participants of the Acotango Challenge began the climb of Mont Lafayette to test their endurance for the expedition to Bolivia that awaits them next October.

This first group outing to the sixth highest mountain in New Hampshire is good physical preparation for the group but also an excellent opportunity to

build connections in view of the 14 days they will spend together during the fall expedition to Bolivia

In the following weeks, the hikers will intensify their efforts to meet the double challenge: of climbing the 6,056 meters of one of the highest summits of South America, the Acotango, and to raise donations totaling at least \$4,000 each.

Last fall, the Fondation du CHUS launched the idea of an extraordinary

charitable journey to help the intensive care unit at Hôpital Fleurimont, whose needs for specialized medical equipment are many. Anne Mondoloni, Catherine Allard, Gaetane Fillion, Jean-François Pion, Katrine Rose-Maltais, Marc-André Leclair, and Steve Gosselin were all eager to put the challenge on their 2017 agenda and do their part for the hospital.

To encourage the group in its challenge, the public is invited to make a do-

nation to one or the other of them on the challenge website: [www.defiacotango.org](http://www.defiacotango.org).

Places are still available to be part of the adventure and those interested in joining should contact the CHUS Foundation.

To view Acotango Challenge presentation videos and attendees, visit the Foundation's YouTube channel.

## Ecstatic mail delivery turns sour

**Record Staff**  
**SHERBROOKE**

A 19-year-old Sherbrooke man was arrested Thursday by Sherbrooke Police after he received a package of

MDMA (Ecstasy) in the mail. The young repeat offender as nabbed after police received information from the public.

According to police, the package contained 446 grams of MDMA, a kind of methamphetamine, of “uncommon pu-

riety.” Each gram sells for about \$100, The package came from Europe.

Police say that it is very uncommon for police to get their hands on such a pure drug, adding that the drug found on the street has usually been cut two or

three times and made into pills.

The man appeared Friday at the Sherbrooke Courthouse to face charges of drug possession, drug importation and possession of drugs for the purpose of trafficking.

## Upgrade confirmed at Julien-Ducharme Centre

**Record Staff**  
**SHERBROOKE**

After several years of waiting, the refrigeration system at the Julien-Ducharme centre in Fleurimont will be rebuilt.

The City of Sherbrooke and the Gov-

ernment of Quebec are investing just over \$2 million to modernize the arena's obsolete and polluting gas-fired R-22 system.

Eventually, the City will also have to refurbish the refrigeration systems at the Eugène-Lalonde and Ivan-Dugré are-

nas, as well as those in Rock-Forest and Brompton.

The Government of Quebec will pay half the \$2 million bill as part of a total budget of \$57 million that has just been renewed for next year and which will finance 80 projects across the province.

Besides the refrigeration system, the money will be used to change the boars, the glass, and the lighting system.

Work at the Julien-Ducharme Centre will begin this spring and should be completed for the next hockey season.