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Sherbrooke Daily Record.

**Britain Declares War On Germany**  
Canadian Parliament Is Called

Brilliant Naval Victories:  
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LAND OPERATIONS:  
GERMAN AGGRESSION  
Belgian City Bombed; Slughter of  
Airmen Who Would Return to  
France; Lening Under Russian  
Patrol; Denmark and Holland  
Also Threatened by Germany  
Major Engagements Reported.

**Family doctors  
not happy with  
Bill 20**

Page 3

THE  
**RECORD**

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

**Galt falls in  
hockey  
tourney final**

Sports - Page 9

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08 DEC. 2014

THURSDAY, DECEMBER 4, 2014

**Garden centre  
decision likely  
by Christmas**

By Gordon Lambie  
LENNOXVILLE

According to Nicole Bergeron, chair of the City of Sherbrooke's urban planning committee, a decision regarding the fate of the garden centre project proposed by the Lennoxville Provigo should be presented for the next meeting of city council. The decision to modify city zoning to allow the development was delayed in early October pending a study by Commerce Sherbrooke on the impact of installing an additional garden centre in the borough.

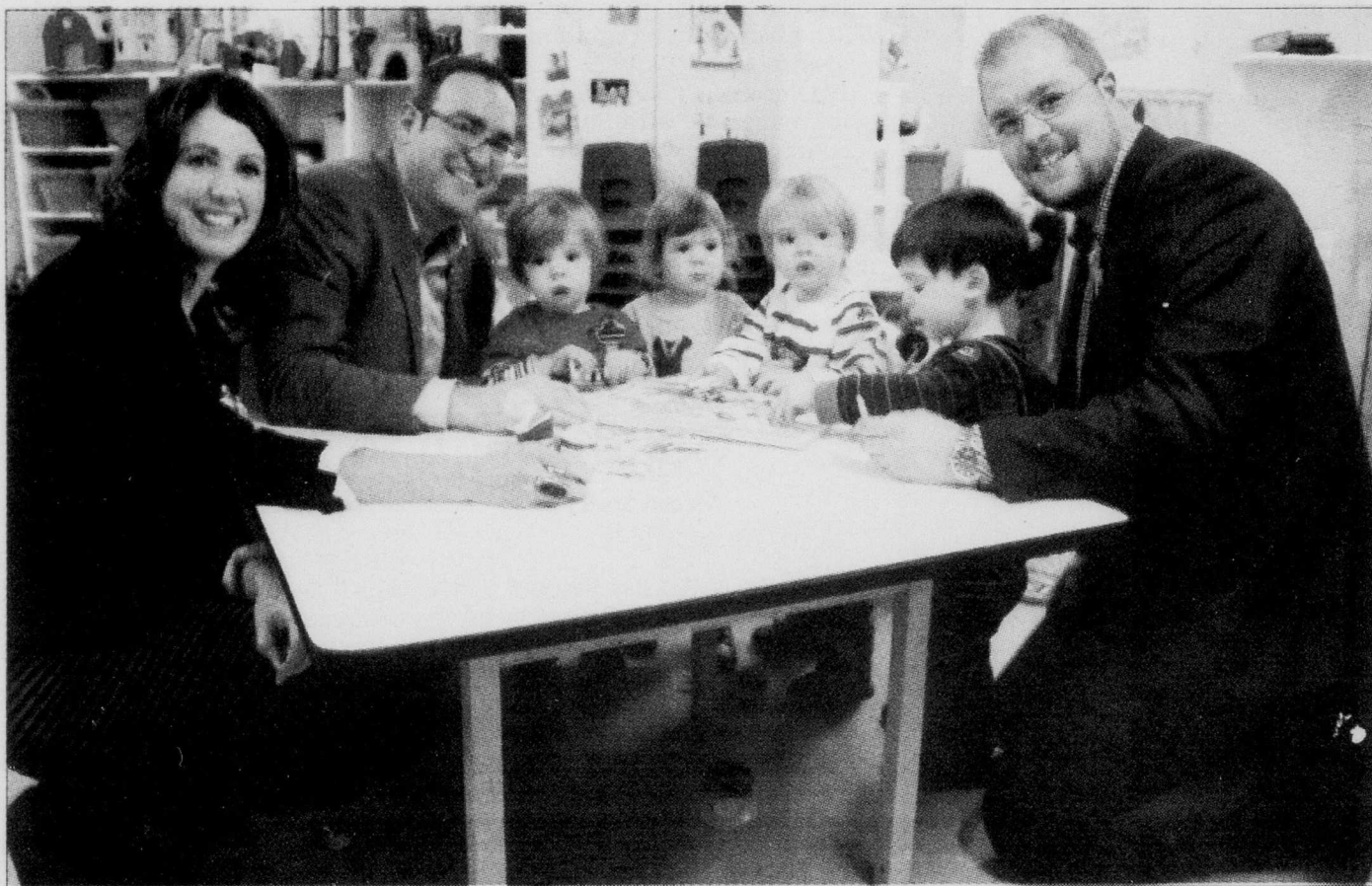
Commerce Sherbrooke's report on that study was presented to the urban planning committee last night and, though the meeting concluded after press time yesterday, Bergeron assured *The Record* the committee's recommendations will be presented at the Dec. 15 city council meeting.

"The decision will be made (by the urban planning committee), but in terms of recommendation; yes or no," The committee president said Monday night. "After that, the next step is for that recommendation to come back to the council."

Lennoxville borough councillor Linda Boulanger sits on the committee, but Bergeron said that she also invited Borough President David Price to sit in on the meeting so that he might be available for additional information.

CONT'D ON PAGE 3

**Daycares preparing for  
'Christmas of Broken Promises'**



GORDON LAMBIE

Johanne Levasseur (left), Louis Senécal and David Belanger with children from the Caliméro CPE in Fleurimont on Tuesday.

By Gordon Lambie  
SHERBROOKE

The Quebec Association of Daycare Centres was in Sherbrooke on Tuesday afternoon as a part of a

12-day, province-wide tour denouncing the policies of the Liberal government in the sector.

Entitled "the tour of broken promises," the series of visits is meant to shine a light on the impact of

changes to the daycare system imposed by the provincial Liberals since they came to power in April. The visit also featured a call to action on two fronts.

CONT'D ON PAGE 4

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## Weather



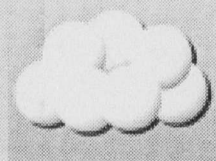
TODAY: A.M. SNOW

HIGH -4  
SUNRISE: 7:10  
SUNSET: 4:05



FRIDAY: MIX OF SUN AND CLOUD

HIGH -4  
LOW -17



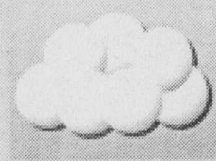
SATURDAY: CLOUDY

HIGH 4  
LOW -4



SUNDAY: SUNNY

HIGH -4  
LOW -6



MONDAY: CLOUDY

HIGH -3  
LOW -15

# Violinist Alexandre Da Costa plays Centennial on Sunday

Record Staff  
LENNOXVILLE

Winner of the 2012 Juno for "Classical Album of the Year" for his recording of Michael Daugherty's concertos with the Montreal Symphony Orchestra, violinist Alexandre Da Costa brings his concert Violin Xtreme to Centennial Theatre on Sunday at 3 p.m.

Accompanied by pianist Janie Caron, this virtuoso proposes a universe where daring and extreme virtuosity prevail alongside bewitching charm and the power of attraction. The concert features Danses Roumaines by Bela Bartók and Prokofiev's Romeo and Juliet. Completing the program, Chaconne by Vitali, Por Una Cabeza by Gardel, Sonatensatz by Brahms, the Sonata no.3 Ballade by Ysaye, Airs Tziganes de Sarasate, Danse Espagnole by Manuel de Falla and Csardas de Monti.

From a young age, Da Costa showed a particular interest for the violin and piano. He gave his first performances at age nine with a surprising particularity of excelling with as much virtuosity and musicality on these two instruments, which earned him recognition as a musical virtuoso.

His career as a solo violinist began quite young and, with Charles Dutoit's encouragement, was rapidly propelled on stage as a soloist with orchestra as well as solo recitals.

Winner of multiples prizes, including the prestigious Virginia-Parker prize in 2010, Da Costa recently launched the album St-Saëns, on which he performs the Concerto no. 3 and Symphony no. 3



COURTESY

Alexandre Da Costa brings his concert Violin Xtreme to the Centennial Theatre this Sunday

with the Ovidia Filarmonia with Maestro Marzio Conti conducting.

In addition to his soloist activities, Alexandre Da Costa is a professor at the Music Conservatory in Gatineau and frequently gives master classes in many universities and conservatories around the world. He was also named director of musical development for the Canimex Foundation, an organization whose goal is to help talented artists by lending them prestigious instruments.

Da Costa plays on a "Guarneri del Gesù" from 1730, and a Sartory bow, provided by Canimex. For the past two years, he has acted as the artistic direction of the Classical Festival of Hautes-Laurentides, which embarks on its 15th edition this year. Da Costa was recently named professor and head of the strings department at the Edith Cowan University in Perth, Australia.

Tickets are available by calling 819-822-9692.

## Get through to Tea at the Beaulne Museum

Record Staff  
COATICOOK

Christmas Tea has become a genuine tradition treasured by everyone. Every year, the halls of Arthur Osmore Norton's castle are overflowing with enthralled residents from Coaticook and elsewhere, wanting to live a magical ambiance.

This year's edition is set for Sunday at 5 p.m. at the Beaulne Museum, 96 Union Street.

Guests are plunged into the Christmas spirit kindled by the beautiful Christmas decorations inside and out-

side of the castle, and by a hearty welcome that is always appreciated. The evening highlight is a sumptuous buffet, which is served on two floors, and accompanied by music and ending with many door prizes. It is an outstanding and unforgettable celebration.

As Honorary President, two individuals were chosen. René Larochelle and Joanne Provencher, the co-presidents of Coaticook's 150th anniversary celebrations.

The members of the administrative committee and the staff are proud to honour them regarding their involvement in the community and their support to-

wards the museum.

During the evening activities, a winning ticket for the "Sumptuous dreamy supper" will be drawn. This is another important fundraising event.

Chef Dominic Tremblay, from Café Massawippi, will once more be the host of this dinner party.

For an unforgettable evening, alone, as a couple, with family or friends, purchase your tickets as soon as possible because places are limited. The doors will open at 4:30 p.m. Tickets cost \$25 per person.

For more information, call 819-849-6560.

## Ben by Daniel Shelton



# LOCAL NEWS

"It's sad to say, but it will encourage physicians to care for the less vulnerable and less sick patients,"

## Local family practitioners slam Barrette reforms

### Bill 20 would set minimum targets for family doctors

Record Staff  
SHERBROOKE

The president of the Eastern Townships regional chapter of the Quebec Federation of General Practitioners is accusing the provincial government of launching an "all-out attack against women doctors and older physicians who want to slow down." Bill 20 calls on doctors to maintain a minimum number of appointments or face financial penalty. "It's a loss of professional autonomy imposed upon us," says Dr. Alain Demers.

Bill 20, introduced last Friday, addresses the working conditions of family practitioners. The bill would require all general practitioners to maintain an as yet unspecified minimum number of patients. A doctor in his or her the fifth year of practice, will have to take on a minimum of 1,000 patients, in addition to providing 12 hours of family medicine activities in obstetrics, long-term care, or in emergency service. A doctor will receive full pay if he or she reaches this target. Compensation will be reduced by 30 per cent, however, if the number of registered patients is less than 80 per cent of the target.

In an interview with Sherbrooke's *La Tribune*, Demers said he couldn't say just how many hours of work would be required to fulfill these objectives, "A patient is not an Excel sheet into which we enter numbers and everything comes out accurately. Some patients are healthy and require little time with their doctor. Other, older patients see their doctor more often and for a longer period of time," he says. While the region struggles to provide a family physician to vulnerable patients, Dr. Demers is concerned that these new measures will encourage physicians to take on healthy patients at the expense of the sick

and elderly. "It's sad to say, but it will encourage physicians to care for the less vulnerable and less sick patients," Demers predicts. Demers also suggests that the new requirements could encourage many doctors to move to greener pastures in other Canadian provinces, for example, where their work will be less regulated. He also fears that the lure of family medicine will be reduced for students. "There are less restrictive rules in some medical specialties," he says. Demers also expressed concern that the Minister of Health is cutting all payments to physi-

cians. "Instead of increasing the rates during our recent negotiations, we negotiated bonuses to support vulnerable patients, the number of hours and days worked, etc. There were incentives on which we agreed, within the budget that was given to us, and the Minister of Health has just slashed it all," he says. According to data collected from the mechanism for accessing family doctors in Sherbrooke, there are 220 general practitioners in Sherbrooke, 130 of whom work part-time for the equivalent of 80 to 85 full-time doctors.

## Garden Centre: will the City pluck Provigo's proposal?

CONT'D FROM PAGE 1

Asked about his input on the upcoming decision, Price expressed that in the time since the project was sent out for study, all of the borough's councillors have had the opportunity to speak with a wide range of borough residents and gauge their commitment to the issue.

"The silent majority is not like the vocal minority," Price said. "It's so typical of Lennoxville."

Provigo owner Robert Lafond said that a few customers had spoken to him about the project, but that on the whole he preferred to stay out of the debate entirely.

"I don't want to bring my clients into this," Lafond explained "I'm here to sell groceries, and we live in a small community. I didn't want to start a debate. I never thought it would go in this direction."

The Provigo owner expressed that his only intent in originally applying for the zoning change was continue to sell flowers as he has for years, but in a way that conforms to municipal bylaws.

"I bought the store five years ago, and for five years I have sold flowers. The store was selling flowers before I bought it. I just want to be able to continue selling flowers legally," Lafond said. "I'm not going to turn my back on my clientele for a garden centre. I'm not starting any petitions or trying to get clients to side with me; for me, it either passes, or it doesn't."

Asked about community support and Price's "silent majority," the Provigo owner said that the few the customers

that have spoken to him about the issue have indicated that they are in favour of the new project.

The question of the legality of selling flowers for the grocery store arose after Cedric Cleary, owner of Lennoxville's Arbo-Culture garden centre, filed an official complaint against Provigo for selling products outside its store that were not being sold inside as well. In response to that complaint, and in order to be able to legally sell flowers, the grocery store requested a zoning change that would permit a garden centre of up to 450 square metres to be set up in its parking lot.

When the city issued a public notice regarding the intent to change the zoning in early September Chuck Neville and his wife Cathy, owners of Les Serres Neville, raised the alarm and began to rally opposition to the project. The Nevilles at first raised arguments regarding their displacement to the outskirts of town in the early '90s, but soon adapted that position to include concerns over parking in downtown Lennoxville and a fear that a new garden centre in the centre of the borough might put the existing centres out of business.

"If this change is allowed (Lafond) will be able to expose as many annuals as us; that's the big moneymaker in any garden centre," Neville said. "I think this could really hurt us badly, if it goes forward."

The Nevilles prepared a

petition to oppose the zoning change, which has now been presented to the City with around 320 signatures in total.

"I'm sure we could have gotten 1,000 or more if we'd really worked at it," the garden centre co-owner said "We haven't really done very much to counter this whole thing lately because we have so much to do in terms of fall work."


Despite a sense that borough and the city are generally in support of the project, Neville said he is very hopeful that the Commerce Sher-

brooke report will have changed the urban planning committee's mind on the matter.

"There is a bit of a light at

the end of the tunnel, but whether that light will materialize or be extinguished remains to be seen," Neville added.

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# School Page

## Campus Brome-Missisquoi Adult Ed.

### CBM Adult Education and Vocational Training

The hidden jewel behind Massey-Vanier!

COWANSVILLE

One of the best-kept secrets in Cowansville is the fact that there is a vibrant Adult Education Centre nestled behind Massey Vanier High School.

When one hears the acronym CBM it often produces a bemused look. CBM stands for Campus Brome-Missisquoi, an integrated Vocational Training and General Adult Education Centre, that is unique in the fact that it is a shared centre between the Eastern Townships School Board and Commission Scolaire du Val-des-Cerfs: A fully bilingual centre!

Almost 1,000 students in Adult Education and Vocational Training attend the Campus each year, either completing their secondary education or obtaining pre-requisites for vocational studies.

Students taking vocational studies have the choice of professional cooking, restaurant service, graphic design, machining, industrial mechanics,

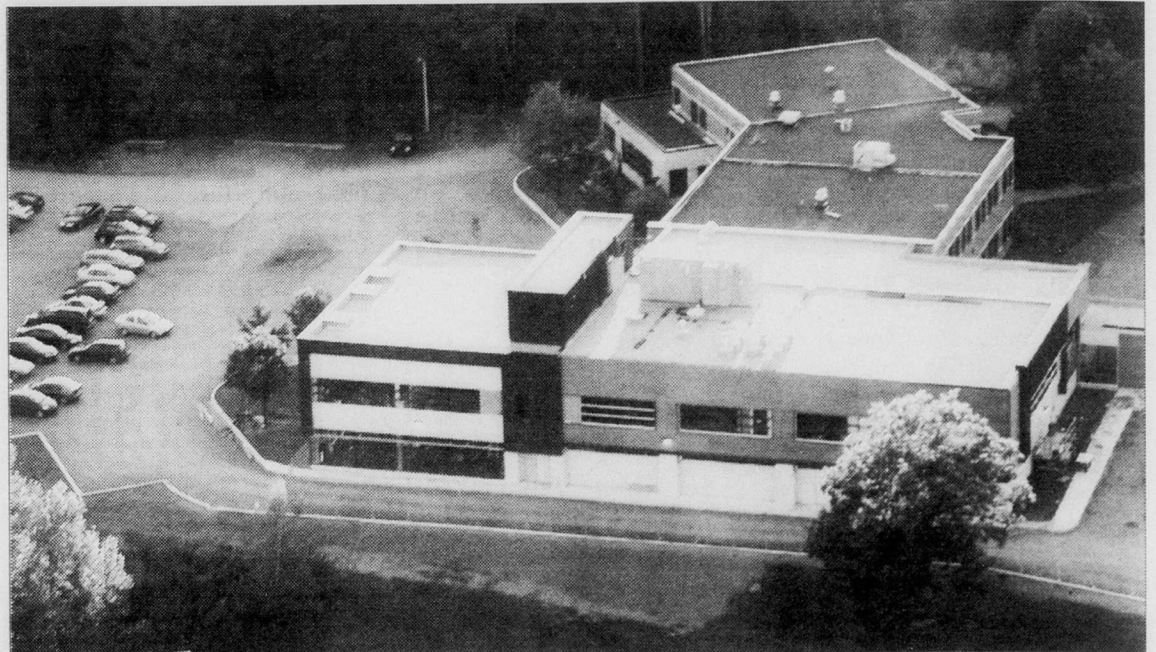
welding, accounting, secretarial studies, and hairdressing.

Our counsellors are trained to meet with all adults, 16 years and older, to help them make a plan for their continuing their education. All you have to do is call the centre and talk to our amazing receptionist, Claudette, who will set up an interview to start the process.

It is never too late to return to school and this is evident in our student population. This year, our school comprises a student population from 16 years old to 58 years old: a rich group of very diverse and motivated learners!

In general Adult Education, students are working to get their High School Leaving (DES) credits or the credits they need to get into a vocational course. We offer individualized study with flexible timetables, including distance education (work at home with support from a tutor). We also offer a work-employability program that helps individuals re-integrate into the workforce.

One of the most famous



parts of our school is our restaurant, L'entre Deux. Every Thursday and Friday, our professional cooking and service students welcome the public for lunch and supper at a very affordable price. Reservations must be made in advance.

The campus is currently under renovation as we are

adding a Vocational Butcher program that will open in February. There are still places available!

So if any one has inquiries about Adult Education or Vocational Training, just call the Center at 450-263-7901. A friendly voice will guide you in the right direction.

Students interested in General Adult Education can enter at anytime.

Vocational training courses have specific starting dates, except in certain programs. CBM - Campus Brome Missisquoi - Adult Education in Cowansville wishes everyone a safe and happy holiday!

## Broken promises tour

CONT'D FROM PAGE 1

proposing a "Christmas of broken promises" daily protest from Dec. 15 - 19 and "Mondays of broken promises" in the New Year.

"Philippe Couillard got himself elected on a promise of not increasing the cost (of daycare) beyond the rate of inflation. Once elected, and knowing the true state of public finances, he promised the same thing again on at least two occasions," explained Louis Senécal, president and director general of the association. "This broken promise will have serious consequences for members of the middle class who have children in daycare."

Senécal talked those present though the numbers involved in the new pay scale proposed by the Couillard government. He used the opportunity to criticize what he called the "dismantling of a fundamental principle of the system," speaking in reference to the elimination of universal daycare rates.

Speaking in terms of gross income, the Senécal explained that a family with an annual income of \$45,000 will be paying an additional \$967 per year for childcare as of Jan. 1. Step-

ping up the scale, he said a family with an income of \$100,000 per year will need to find an extra \$2,137, while \$140,000 will cost \$5,257 and an income of \$200,000 sees an increase of \$6,644. He called the figures scandalous, and said that the Premier's suggestion that he didn't know the state of the province's finances when he made the promise to maintain a universal \$7.30 charge is absurd, because one of the times the promise was made was when this year's budget was presented.

"I would hope that Mr. Couillard was aware of the province's finances when presenting the budget," Senécal said. "He takes us for imbeciles."

Beyond the financial burden that the daycare association says is being loaded on parents, Senécal also argued that the government is ignoring specialists by creating situations that favour the creation of private daycare spots over the growth of daycare centres. The centres, he argued, offer better support to children and foster a greater likelihood of success than private daycares do.

To clarify that position the president pointed out that

28,000 new daycare spots were on the table when the Liberals came into power. Very soon after their installation, that number was reduced to a promise of 6,300 by the end of March 2015, at a ratio of 85 per cent daycare centres, 15 per cent private daycares.

At this point in time, only a fraction of the 6,300 have been opened, and the amount of private spots opened already surpasses that 15 per cent by almost 500 spots.

"There are 3,834 places left to be created by the end of the year if the minister want to keep her promise," Senécal said, "but we are used to broken promises, so we doubt that."

Senécal attributed a significant part of the challenge to the Liberals' having changed financing rules for daycare centres in the province.

"In addition to imposing price modulation, the Liberals are paralyzing development of daycare spots that parents are waiting for and leaving room for private daycares to multiply. By cutting the assets of daycare centres and then forcing them to finance 50 per cent of the construction of their facilities, the government is prevent-

ing the development of quality places," Senécal fumed.

Johanne Levasseur, director general of the Jardin DAMIS daycare centre in Rock Forest backed up this statement by relating her personal account of having a planned expansion ready, only to have the government withdraw their saved funding and lock down their ability to move forward.

"There is a great need in our sector," Levasseur said, "the borough of Rock Forest-Saint-Élie-Deauville has seen a 52 per cent increase in the number of children aged 0 to 4 between 2006 and 2011. In response to that, we wanted to offer 76 new places, 20 of which would have been for infants. Now we will not be able to do so because of the new financing rules."

The director general said that the government withdrew funding that her centre and others had saved up, citing irresponsible use of public funds, then came back approving the expansion project, but only if the centre was willing to rent or front 50 per cent of the cost.

"Where can we find \$600,000 to finance 50 per cent of the building cost when our profits are reinvested in accompaniment for children with

special needs?" Levasseur asked. "The goal of a daycare centre is not to generate a surplus, the goal of a daycare centre is to reinvest in the future of our children."

Fuelled by their anger at these changes, the association members called for a vast campaign of public action.

"We could back down, but a few years ago the students didn't back down and this year we see the cuts passing them by," Senécal said. "They clearly demonstrated that they could stand their ground. The message I am here to share is that that mobilization needs to be long to us now."

In order to demonstrate their resolve, the association is proposing two courses of action. From Dec. 15 - 19, they hope to take advantage of MNAs being in their home ridings by picketing outside of their riding offices from 4 - 6 p.m. every day. In Sherbrooke this "Christmas of Broken Promises" will take place on King Street West in front of the offices of MNA Luc Fortin.

Starting in January the association will undertake "Mondays of Broken Promises," following the same timing and structure, on Mondays only.

# Like a girl



DISHPAN HANDS

SHEILA QUINN

Where was I on December 6th, 1989? I'm not sure. I had celebrated my 16th birthday that fall. I was in Grade 10 at Richmond Regional High School. It was a Wednesday. I had likely been at school that day. I played every sport going - most intramurally (within the school), I had a great group of friends. I had my first serious boyfriend.

I remember the news though. I remember learning that girls not much older than me had been shot and killed, because they were girls. They were girls who were, in the words of the killer, "feminists." I was (and am) a feminist.

Last year I was truly able to find the perfect quote that would capture what being a feminist meant for me.

Author, comedian, wonderful creature Caitlin Moran says the following in her book, *How to be a Woman*:

"But, of course, you might be asking yourself, 'Am I a feminist? I might not be. I don't know! I still don't know what it is! I'm too knackered and confused to work it out. That curtain pole really still isn't up! I don't have time to work out if I am a women's libber! There seems to be a lot to it. WHAT DOES IT MEAN?'"

"I understand. So here is the quick way of working out if you're a feminist...."

"a) Do you have a vagina? and

"b) Do you want to be in charge of it?"

"If you said 'yes' to both, then congratulations! You're a feminist."

Men (and gender neutral people) can, of course, be feminists as well. Moran's quote helped to clarify my own feelings about my own feminism.

Growing up, I was also "one of the boys."

With my brothers and my cousins, the neighbourhood that teemed with boys at any given moment. I learned to play as they played, to throw with them, if you will.

I can remember being puzzled by the expression "throws like a girl!" - what the heck was that all about? You just throw!

You don't throw "like" anything or anyone, you just throw.

You throw, you catch, you throw, you catch, you throw, you catch... just like my brothers and I, standing across the street from one another, throwing a baseball back and forth.

We would fight over who got to use Dad's old mitt, with his name written in it in childlike, blockish handwriting (the handwriting of his youth). I loved it. It fit... like a glove. My hands are small, but my left hand was at home in there. I gripped the ball in my right hand, I cocked my elbow, I launched forward.

My brother lifted his left arm, opened the glove face-down, snapped the ball out of the air in a downward motion. He tossed it back. We stopped and waited when cars passed.

The motion was repetitive and, as a result, meditative. We didn't really talk much. The sunlight was golden. We stopped when we were called in for dinner, often going back out for more, and ending when our eyes began to strain at dusk.

Then, we sat on the front porch. We watched bats swoop past and looked for fireflies. We watched things happen around our neighbourhood.

We built forts, went swimming at the town pool, invited friends over for supper. We got part-time jobs. We watched movies, mostly comedies, together. We read horrible jokes to each other, from outrageous joke books.

We were just people. We were kids.

It took me a long time realize that, in the grand scheme of things, though, that I wasn't actually one of the boys. That because of some people's behaviour and decision-making, because of their beliefs about their perception of me, I would have to be careful in a different way than my brothers.

That I could be judged a certain way differently than the boys. Honestly, it came as such an alien experience to me. Where was our parallel?

Why did it feel like we both started out on the same train, with the same opportunities, the same conductor, the same driver, the same destination, and now we were on different tracks?

I felt like I could see their train from mine. I didn't even know how I got on this new train - I was separated from them along the way, herded in a different direction. Did I just wake up there?

In time, I grew to appreciate where I was going. When the Polytechnique massacre took place, I decided to get off the train. I would travel and navigate through life my own way, and at times I would find myself frustrated, upset, or even enraged at being refused entry on my brothers' train (not by them, but by the conductor). A

t times, I took a chance and hopped on board, no ticket, in total defiance and "not supposed to be there".

Twenty-five years have passed. We still have a long way to go. There are so many different ways to travel today, yet I am still aware that I'm not as "safe" as my brothers. I also flat out refuse to play it safe at times - and to find my way through terrain that is unfamiliar.

This week, I am thinking of those fourteen young women. I am closer to being in their parents' age group, than the sister I was when it took place. I am reminded that part of the reason we walk this new road is for them. I love my brothers, both the biological ones and those I have grown to take on as brothers in life. I am not one of the boys, however.

I need to be the girl that I am, and yes, I throw like a girl. I grip the ball, bend my elbow, extend my arm and release.

## Major work at Orford in 2015

Record Staff

Mont-Orford Park will undergo major work requiring investments of \$7.5 million in 2015, designed to rejuvenate aging facilities, including the campground in the Lake Stukely area.

Phase I of the work will begin after Labour Day. The Lake Stukely sector campground will close for the rest of the season, while Fraser Lake will remain open until mid-October for the turning of the leaves.

These campsites were created a half-century ago to meet the demand sparked by Expo 67 and its 50 million visitors, and don't really respond to the needs of current customers, who have started to avoid the place. "Who does not remember camping or swimming in Lake Stukely when they were young?" asks park director Brigitte Marchand, recalling that the park celebrated its 75th anniversary in 2013.

Although it usually operates at over 75 per cent occupancy in high season, the camping areas have become too cramped, as tents, trailers and, motor homes are becoming larger. Families and friends also often arrive with more than one car.

There will be fewer than the 350 current campsites in the new set-up, as individual sites become larger, not to mention that the sites located directly on Lake Stukely will be eliminated entirely. "We must protect Lake Stukely, so we will give the banks back to the lake and replant the land nearby," says Marchand.

The second phase of the work concerns the expansion of the Le Cerisier reception chalet but is included in the work, but the specific dates for the work have not yet been disclosed.



# Our Needs

## Surgical robot



This multifunctional robot can be utilized in general surgery, as well as in more specialized surgery, such as cardiac, thoracic, urological, and gynecological surgeries. It furthermore permits greater precision during surgical interventions.



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# EDITORIAL

*In order to ruin the meatloaf, the meatloaf must first want to be ruined. It must seek to soar, knowing it will fall.*

## Royal bed-hopping



TIM BELFORD

I dabble in genealogy. My search into the family closet is based on a feeling that you really can't tell who you are unless you know where you came from. It may or may not take a village to raise a child but I'm quite sure it takes centuries to produce an individual.

If the geneticists are right, and I have no reason to doubt them, we carry the DNA not of just our parents but of our ancestors going back to the dawn of time. That's one of the reasons I always shake my head when certain people go to great lengths to point out the differences between nationalities, races and tribes.

Looking up your ancestors can be lots of fun. It can also be disconcerting, eye-opening and sometimes a little shocking depending on what skeletons drop out of the attic. A perfect example of this was the surprise in the up-to-then, lily white Jefferson family when they found out that the family tree of the third President of the United States included an entirely black branch.

In my case, research turned up some interesting facts about one set of great-grandparents. Going through the county records in Goderich, Ont., I came across the marriage certificate for the happy couple. It came complete with the names of their parents, their occupations, the names of the witnesses and the date of the nuptials.

It struck me as interesting that my grandfather was born within a year of the ceremony. How nice I thought. Then it dawned on me, Grandpa had two older brothers. Oops. Anyway, I don't feel quite so bad this morning. It appears that sort of thing happens in the best of families. Just ask her Majesty, Elizabeth, Queen of all the Britons, woke up this

week to find out that one of her ancestors wasn't born out of wedlock but, much worse, was sired by someone other than the head of the family.

Apparently, when archeologists and historians dug up what they thought were the remains of Richard III from a Leicester parking lot in 2012, the first thing they did was to run a DNA test to prove it was really Dick. It was. There was a definite match in the maternal line. The problem, however, was the lack of a match on his dad's side.

Now, because Richard III didn't have any children, that we know of, remember this is the Royal family after all, descent was traced through the children of Edward III, his great-great-grandfather. But no dice. Somewhere in the intervening four generations one of his female ancestors did the naughty with an outsider.

Now, for we poor normals, finding out that great-great-grandma slipped up, probably wouldn't be a big problem. Water under the bridge and all that. But for the royal family and the millions of ardent monarchists out there, the repercussions could be unsettling.

What it means, according to British historians, is that if John of Gaunt, Edward III's son, was illegitimate, he didn't have the right to the throne, nor did his descendants, Henry IV through VI and ultimately the Tudors including Henry VII, VIII, Bloody Mary, Elizabeth and pretty well every body else that followed. The question is, where does that leave Elizabeth II, Chuck and William?

I wouldn't worry about it. Infidelity in the royal family back in the 12th century pretty much set the standard for future behaviour. History is littered with British royal babies born on the wrong side of the blanket. Many of them were shunted aside immediately after birth. Others were given titles and, if not legitimate, were at least acknowledged by the monarch in question.

Nope, genealogy is a tricky subject and in most cases if you look close enough, the family tree is likely more of a bush with a whole lot of roots.

## The meatloaf, and the ruination thereof



ROSS MURRAY

And we must ask ourselves, what is the meatloaf? Be it meat or loaf? The French declare it to be *pain de viande*, which translates as "meat bread." Does this settle the question or confound, for how can bread — cherished dual conveyor of handheld meats — also be the meat? Should we not instead call it *bûche de viande*? Should we perhaps not have translated the French at all, especially now that we know that *bûche de viande* means "meat log"? *C'est possible, mon cher lait de poule.*

Next, if we are to truly ruin the meatloaf, we must raise the meatloaf in our esteem and in the esteem of our kinfolk. As you pore over back issues of *Canadian Living* in search of something to feast upon, something to wrench your household out of its gastronomical rut, you turn a page and, like an oven light dawning, declare, "What about meatloaf?"

And your loved ones reply, "Meatloaf? Ugh!"

And thus it falls upon you to praise the meatloaf, its melting pot simplicity, its democracy of flavours. Is it not savoury? Is it not meaty? Is it not simple to slice with a butter knife and even easier to chew anon? The meatloaf is all these things and many other things we're not quite sure of. That is the mystery.

But the meatloaf must also do its part. In order to ruin the meatloaf, the meatloaf must first want to be ruined. It must seek to soar, knowing it will fall. Fly, meatloaf, to the heavens! Fly too close to the sunflower seeds, or in this case, the wheat germ, shredded carrot and zucchini described in the recipe.

"Glazed! Fibre-packed and nutrient-dense!" you preach to your beloveds.

"It says right here that my 'little ones will gobble these up.'"

Oh hubris!

"And look: they're mini! Mini individual meatloaves you bake in a muffin tin."

"So, they're meatballs?"

Nay, measly meatballs they are not. These be mighty barbecue-glazed mini meatloaves, the fanciest pants of all the meatloaves. Does your family fail to see that the first ingredient is not ketchup, not spaghetti sauce, but passata, strained tomatoes?

Never have you graced your table with passata. You are on such a high plain of sophistication now that you refrain from saying, "I made a passata woman at the grocery store and she hip-checked me right in the hollandaise." And refrain you should.

Now you have elevated the meatloaf, raised it up, filled it with a longing to be smothered by the homemade barbecue sauce (O passata!) as well as the shredded carrot, which in itself may not ruin the meatloaf but you're beginning to suspect will certainly help.

But go! Go now to your freezer. Ignore the numbing of your fingers as you dig deep, further down than you thought possible, to at last the darkest corners where lie the forgotten bags of shredded zucchini, deposited there these many years, possibly even transferred from the old freezer.

Could that be true? To truly ruin the meatloaf, it must be true! Have faith, *mon oreille de crise!*

For time is your ally in ruining the meatloaf, or rather the passing of time and its wasting of all things, including, apparently, the wheat bran. Should wheat bran smell that way? Like an infrequently opened drawer? Maybe you should Google that. But would Genghis Khan Google Chaka Khan? He would not, warrior friend. Tell yourself, "It's organic; it's supposed to smell weird," and blend. Blend like the wind! Proceed with the desolation of the meatloaf by kneading in the wheat germ in tandem with the zucchini, and you're not entirely convinced about the pasatta, to be perfectly honest.

Bake at 400 F (200 C) for 12 - 14 minutes.

Behold your muffin tins of meat! Are you not already suspecting they smell funky? Have you an inkling that something is awry, and not simply too much garlic? Could you truly have ruined them so entirely? You dare not hope. For they look, still, like perfectly edible meat muffins (*brioche de viande*).

There is only one way to conclude whether your meatloaves have, as the prophet foretold, choked the big kahuna.

You take a bite, you pause, and you say to your kin, "You might want ketchup." And another bite to be certain. "Lots of ketchup." And then you will eat of it no more.

For, rejoice, you have ruined meatloaf. Celebrate with an extra baked potato that thank goodness you have on hand. And it shall come to pass that the abominated barbecue-glazed mini meatloaves are indeed gobbled up, as it is written, only not by the little ones but by the hound of the house.

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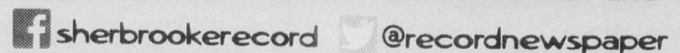
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# The Border Report

"It's a terrible thing for anyone to go through"

## Outpouring of support follows Beebe Fire

By Matthew McCully  
Special to The Record  
STANSTEAD

Friday's fire in a Beebe apartment building has resulted in seven families being displaced for Christmas.

News of the fire traveled quickly through social media, prompting a number of good samaritans in the surrounding community to launch endeavours in support of the displaced families.

A drop-off for donations has been organized for Saturday at the Beebe Fire Station, at 2 North Derby Road, in Beebe.

Three of the apartments were completely demolished, two apartments sustained extreme smoke and water damage, and tenants of two other apartments in the rear of the building, though untouched, will likely still need to find a new home and deal with residual smoke. No injuries were reported.

Mike Shelden, born and raised in Beebe, and now living near Richmond, was one of the people who heard the news and sprang to action.

"I think I beat *The Record*," Shelden said, having posted news of the fire on Facebook as early as Friday afternoon.

"I either knew the people or I knew their parents," Shelden said, explaining his strong ties to the Beebe community and the desire to help.

As soon as the severity of the damage was known, Sheldon immediately put out a call for donations on behalf of the affected families.

"They are starting from scratch," he said, explaining that very little will be able to be salvaged for five of the seven families. "There will be a lot of smoke damage. You can't get that out."

"We've come to a halt on material donations," Sheldon said, wanting to ensure that there is no duplication, and also to make sure the families have the opportunity to choose the things they need for themselves.

"We are looking for monetary donations and vouchers," he said.

The Red Cross arrived on site the day of the fire. Stéphanie Delaunière, spokesperson for the Red Cross explained that it is the organization's role to provide support for the first 72 hours of a crisis situation. That support can be in the form of new clothing, food, and money for essentials.

"The Red Cross has no infrastructure for material donations," she said, adding that their formula allows the organization to meet the basic needs of crisis victims when they most need help. "We do the same thing for everyone," she said.

"It's a terrible thing for anyone to go through," said Gayle

Yetter, another volunteer collecting donations for the fire victims. "And at this time of year, it's worse."

"I just kind of jumped on board," Yetter said, when she heard what had happened. "I know most of the people in this area. Things just kind of snowballed from there," she said.

"More people are donating than we expected."

A number of initiatives are currently underway. One is a donation drop-off this coming Saturday at the Beebe Fire Station. While it is hoped the trend will lean towards gift certificates, vouchers and financial contributions for the families rebuilding their homes, Yetter said there is a need for large appliances. "Everybody will need those," she said.

While Sheldon and Yetter are coordinating donations, they have a logistical problem. Neither of them has a truck to transport large items. They invited people with trucks who are willing to help to message them on Facebook.

In addition to the donation drop on Saturday, a fundraising dance has been organized for Dec. 14 at 2 p.m. at the Legion in Stanstead. Yetter said local musicians are being contacted to perform at the dance.

The bowling alley has sponsored a mixed dart tournament for Dec. 20. Registration will take place at 1:30 p.m. The tournament will begin at 2 p.m. at



COURTESY

This apartment fire in Beebe on Friday has left seven families out of their homes during the Christmas season.

the Stanstead Recreation Centre, 160 Railroad Street. Competitors must bring their own partner. The entry fee is \$5 per person, with the funds going to the families affected by the fire.

Shelden also set up a crowd funding page to collect donations online. As of Wednesday afternoon, the total raised was at \$445. In a Facebook post published Wednesday morning, he also mentioned a \$50 cash donation, and \$350 in gift cards collected for the families. "We still need refrigerators and a couple more stoves; also two double beds," the post read.

Yetter said that in addition to household items and money donated, some people purchased age appropriate gifts, wrapped

and labeled from Santa for the children in the displaced families. The children are a two-year-old boy, and a brother and sister, ages four and 12.

Mayor Philippe Dutil said the town is working with the CAB-Rediker Centre, to contact the affected families directly and do a needs assessment before taking action.

Anyone wishing to make a donation or assist in fundraising efforts is welcome to contact Gayle Yetter and Mike Shelden via Facebook for details. Shelden can also be reached by email at mshelden2012@yahoo.com.

To contribute to the online crowd funding campaign, visit [www.gofundme.com/i45mt4](http://www.gofundme.com/i45mt4).



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Karine Cantin,  
Executive Director of Ressourcerie des Frontières

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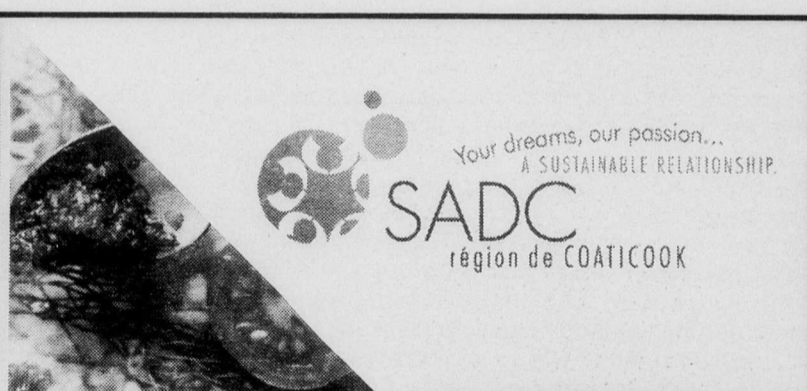
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# The Border Report

"I hear the donkey is very friendly"

## Stanstead ready for Christmas celebration

By Matthew McCully  
Special to The Record  
STANSTEAD

The final touches are being added to the Del Monty this week, as the town prepared for its annual Christmas celebration and market on Saturday, December 6.

"There will be all kinds of goodies," said Beverly Goodsell, one of the volunteers involved in organizing the activities.

Goodsell explained that the event began five years ago as an extension of the farmers' markets held throughout the summer.

Over the years, more people got involved, including the town's beautification committee, which decorates empty

storefronts in town to create a Christmas village type atmosphere.

This year's activities will take place on the second floor of the Del Monty. "It's a bit brighter upstairs," she said. A variety of artisans and vendors will sell their wares where the Chinese Restaurant used to be. The area previously occupied by the silver bar will host Santa and Mrs. Clause. A face painter will also be on site.

"There is plenty of room to sit and visit," Goodsell said. Space was tight at other locations in previous years. Tables and chairs will be set up, so that people can sit and enjoy coffee, tea or hot chocolate after shopping, Goodsell said.

Among the items for sale

will be local maple and honey products, natural wreaths and centerpieces, stained glass and pottery.

There will also be knitted items, and three different bakers selling cookies, pies, fudge and sweet breads.

"It's an all day party, not just a market," Goodsell said.

First on the agenda is the decoration and lighting of the Christmas tree, set up in the centre of town. Immediately after that will be a live nativity scene, complete with sheep and a donkey.

"I hear the donkey is very friendly," joked Marise Trépanier, recreation co-ordinator for Stanstead.

"We started working on this right after Halloween was

done," Trépanier said, adding that Del Monty owner Marcel Hauben, who opened up his building for the event, was a big help in getting things organized.

"It should be quite fun."

Following the tree decorating and live nativity scene, patrons can make their way into the Del Monty for some leisurely shopping between 10 a.m. and 4 p.m.

Local musicians will provide entertainment throughout the day.

Pianist Donald Patriquin will perform in the morning. Mike Goudreau is scheduled for noon, followed by Lise Flanders, who will play and sing at 1 p.m.

Santa and Mrs. Claus are due to arrive at 2 p.m.

In conjunction with the Del Monty festivities, Granite Centrale will be open, offering free admission to Stanstead residents accompanied by children. The train collection at the back of the museum will be active as well.

There will also be a free exposition at the art gallery, at 272 Dufferin.

Steve's Pizzeria will offer a lunch special, and will also have cider available, according to Goodsell.

In the evening, Café Bar Sans Frontières will offer a special Christmas Dinner. Reservations are required-819-876-5633.

"It's going to be fun for all ages," Goodsell said, hoping for a good turnout to the Christmas market and activities.

### FRONTIER ANIMAL SOCIETY

## Oh Capitaine, my Capitaine!

Capitaine is a great dog but for reasons unknown, he lacks confidence and can be very shy. As such, what Capitaine needs is an experienced adopter who is willing to work with him to gain his trust and teach him that the world isn't such a scary place.

A dog like Capitaine needs reassurance and a firm but gentle hand to guide him. By firm, we simply mean someone who will help him confront his insecurity and not coddle him or allow him to give into it.

When Capitaine first arrived at the shelter we put him outdoors in one of the back runs where, for almost two weeks he remained.

We could not coax him indoors nor get close enough to leash him for a walk. Fortunately the weather was warm and he had a bed, food and water so despite the fact that he was taking up some prime real estate, we didn't force the issue.

Over time his desire for treats began to outweigh his distrust and he began taking dog biscuits by hand. Although it was a breakthrough we still had work to do.

Day by day his confidence grew and as he became more accustomed to our presence he no longer felt the need to shy away from our approach. Eventually we were able to interact with him at will and he was trusting enough to allow us to leash him.

Taking him out for long

walks was a great way to bond and really helped secure his trust. He now sleeps in his kennel, comes when called and enjoys romping around the dog park.

We didn't coddle Capitaine, we just let him move at his own pace. After all, adapting to shelter living can be difficult for even the most confident of dogs so for an insecure dog like Capitaine, it was that much more of an adjustment. He needed time.

Admittedly, in those first weeks when he was alone in the run, it was very touching to watch him playing all by himself with a ball. He was like a big overgrown puppy.

Somehow, though, watching him play gave us more resolve. We just knew he would come around and while he is still a work in progress, he has made great strides.

What we have learned is that once Capitaine becomes familiar and can anticipate a routine he is far more relaxed and open to new experiences. He just needs some time to get to know new people. Once he knows you he is approachable and friendly. Currently he is happy to go for a walk with all of our volunteer walkers.

Capitaine is a social dog and, in fact, having another dog around might speed up his adjustment to his new home but if you are interested in meeting him and do not have another dog please don't let that stop



you from visiting.

More than anything Capitaine needs the right adopter and if that adopter is you, with or without another dog, we know he'll do fine.

At this point we have brought Capitaine as far as we can and now what he needs is a loving home where there is consistency and an opportunity for

him to bond in a quiet and calm setting.

Capitaine is a rescue through and through and, although we know not everyone is looking for a "project," we just need one person who has the motivation, patience and love to help him through this phase of his growth.

Because he is timid, we are

looking to place him in a home with adults only or with dog-savvy kids who are 12 and up.

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

# Local Sports

"I am proud of their development and work ethic. We have come a long ways in the last two weeks."

## Brebeuf edges Galt in tourney championship

By Mike Hickey  
Special to the Record

The Alexander Galt senior boys hockey team, playing their best hockey of the season, reached the finals of 44th Annual Galt invitational Hockey tournament this past weekend.

The Pipers recorded victories over Centennial High School and Stanstead college before dropping a heartbreaking 3-2 decision to College Brebeuf. The game was decided in the final minute as Brebeuf broke a 2-2 tie with the winning goal with just 47 seconds remaining in regulation time.

Brebeuf, who advanced to the finals by virtues of 3-2 victories over Howard S. Billings and Loyola High School, jumped out to a 2-0 lead in the championship

game but the Pipers tied the game on goals by Hunter Haskell and Bryer Smith scored from a bad angle early in the third period to tie the game 2-2. Piper goalie Jordan Lister kept his team in the game with several big saves and was named player of the game.

"It is a heart breaking loss for his boys as they worked so hard for nine periods and deserved a better fate," Galt head coach Robbie Fisk said after the final.

"I am proud of their development and work ethic. We have come a long ways in the last two weeks."

Galt opened the tourney with a 4-1 win over Centennial as Haskell, Emile Kunce, Brandon Lister and Jared Chute scored a goal apiece. Chute named player of the game.

The Pipers then knocked over

Stanstead College 7-1 in semifinal action. Nick Nadeau sparked the Galt attack with a hat trick while Caleb Gaudreau, Chute and Nick Dubois chipped in with single goals. Haskell named player of the game.

The Massey-Vanier Vikings lost to Loyola 5-1 in the opening round, rebounded with a 4-2 victory over Billings to reach the consolation finals where they dropped a 5-1 decision to Lower Canada

College. Stanstead beat LCC 8-2 in their first game.

Brebeuf's Kai Dunez won the Bob Armstrong Trophy as the tournament most valuable player. The all-star team included Brebeuf teammates Jonathan Yee and Colin Bourgie, Galt's Nadeau, Chute and Haskell and LCC's Justin Masella

Tomorrow, The Record will look at the BCS hockey program.

## Spinach or Steak? Iron is just one of the essential nutrients that every runner needs



A RUNNER'S MIND  
CHRISTINE BLANCHETTE

When I think of Spinach - I think of Popeye squeezing open a can just when he needs it most, then transforming into a muscled machine that invariably wins the day.

This leafy green vegetable is one example of a good source of iron which is essential to maintaining a healthy lifestyle. For runners lacking iron it can cause low energy and poor performance. If you are new to running and noticed feeling tired for no reason you may be iron deficient.

For peak running performance and staying healthy, the key is choosing the right foods. Therefore, fueling your body with the proper nutrients will keep your running on track. Crystal Higgins, a registered dietitian and nutrition consultant with NuvoNutrition in B.C., offered some food choices to keep your iron levels balanced. "Most protein sources will have some iron," Higgins says, "however, when it comes to ensuring adequate iron most people think they need to start eating more red meat. Although it may be helpful, it is certainly not a necessity."

Higgins continues: "Surprisingly, shellfish such as shrimp, clams, mussels and oysters have very comparable levels of absorbable 'heme' iron. Other great sources of iron are pumpkin seeds, edamame, beans and lentils. If you're looking for a sweetener, try blackstrap molasses - it has more iron in one tablespoon than one half cup of cooked

spinach. The key with iron absorption is to include more vitamin C rich foods such as bell peppers, broccoli and citrus fruits to allow for better absorption. To maximize the iron from your food, avoid eating calcium-rich dairy products such as milk or yogurt, as well as tannin rich coffee and red wine (when eating iron-rich foods). Tannins and calcium inhibit iron absorption. Women need more iron due to menstruation. Pregnant or lactating women will need even more. To be exact, pre-menopausal women need 18 milligrams of iron daily and men need eight."

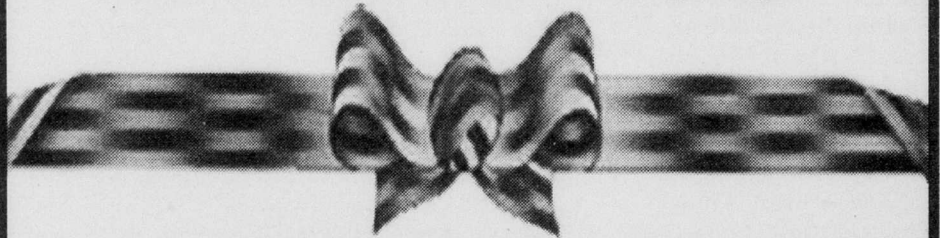
If you are training for a marathon, Higgins recommends, "Ensure that every meal and snack has a source of protein for optimal balance. Hemp hearts are a great source of iron and go well over oatmeal, salads and homemade energy balls. Dark chocolate is a surprising source of iron - I eat some daily. If I'm in a rush, iron-rich snacks such as the 'Simply Bar' or 'Simply Protein Chips' are great choices. For smoothies, I use a protein powder that has iron in it."

If you enjoy eating red meat, according to Canada Beef, it is an excellent source of protein, niacin, vitamin B12, selenium and zinc. It is also high in iron, riboflavin, vitamin B6 and phosphorus and is a source of magnesium, potassium and vitamin D.

Higgins explains, "The key is choosing the right foods in appropriate portions. For lunch and dinner fill half of your plate with veggies. The other quarters should consist of a whole grain and three to four ounces of lean protein. Balance the meal with a glass of skim milk or yogurt and a piece of fruit. Low-fat dairy foods with fruit are ideal for runners as they contain a perfect balance of protein, fat, carbohydrates and naturally occurring electrolytes, which are needed for high intensity activity. The key is to fuel yourself with foods that are easy to digest while providing enough

CONT'D ON PAGE 10

### Alexander Galt Regional High School Christmas Basket Campaign



Join The Record at the  
**A.N.A.F. Unit 318**  
**300 St. Francis, Lennoxville**  
**on Saturday, December 6**  
**from 10 a.m. to 1 p.m.,**  
**we will be there to collect**  
**items for the A.G.R.H.S.**  
**Christmas Basket Campaign**

Drop off a non-perishable item or monetary donation  
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*Please be generous!*  
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There will be coffee and doughnuts.  
Christmas music

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**Suggested items:**

- canned goods
- condiments
- rice
- sauces
- pasta
- peanut butter
- jams
- baking supplies
- cookies
- aluminium foil
- plastic wrap
- paper towels
- soap and laundry detergents
- toiletries
- combs, brushes, etc.

If you can't make it on that day, you can drop your items off at Tri-U's or Manoir St. Francis in Lennoxville or the ESTB office in Magog before December 6.

The baskets will benefit families within the Eastern Townships School Board.

## Sports

"For Quebecers and Canadians, he was more than just a great hockey player — he was a gentleman."

## Tributes pour in after death of Jean Beliveau

By Bill Beacon  
The Canadian Press  
MONTREAL

On his death at age 83, Montreal Canadiens great Jean Beliveau was remembered as a "hockey giant," a "legend" and a "role model to us all."

Tributes poured in from around the hockey world and from political leaders after the Canadiens announced that perhaps their best player ever, and certainly their greatest captain, had died.

"Beyond being one of the greatest players in NHL history, Jean Beliveau was class personified," said Canadiens owner and president Geoff Molson. "He was a hero to generations of his fellow French Canadians and hockey fans everywhere. Our sport has lost a great ambassador."

Flags were lowered to half-mast at the National Assembly and Montreal city hall while the hockey great was honoured in the House of Commons.

Highlights and reminiscences from fans and Beliveau's former teammates and opponents dominated newscasts. At an arena named after him in Longueuil, the suburb where Beliveau and his family lived for more than 50 years, fans

brought flowers to his statue, and one put a Canadiens scarf around its neck.

Beliveau won 10 Stanley Cups in his 20 seasons as a player from 1950 to 1971 and seven more as part of the administration of the National Hockey League's most successful franchise.

But he was known and cherished as much for his graciousness and class as for his hockey skill.

"He was a great human being," said Canadiens general manager Marc Bergevin. "Put hockey aside and look at what he represents not only in Quebec and Canada, but across the world."

Bergevin said the Canadiens, in the midst of a four-game road trip, would all wear Beliveau's No. 4 on their helmets in a game against the Wild in Minnesota on Wednesday night. The team's next home game is Tuesday night against the Vancouver Canucks.

For fans to pay their respects, Beliveau will "lay in wake" at the Bell Centre on Sunday and Monday, the team announced. His funeral is set for Wednesday at Mary Queen of the World cathedral near the Bell Centre.

It promises to be an emotional week, as Beliveau was likely the most popular and re-

spected Canadian in the club's 105-year history.

"He was the bar for being a Montreal Canadian," goalie Carey Price told the team's website. "He set the standard for everyone else to follow. He was a winner and he was a humble winner."

No one knew that better than Beliveau's former linemate Frank Mahovlich, who joined the Canadiens in the 1970-71 season after starring for Toronto and Detroit earlier in his career. Mahovlich discovered a captain like none he'd seen before.

"When I got traded to the Canadiens, I wondered why they had so much success and I found that they never had the problems we had with other clubs," said Mahovlich. "If there was a problem, the player would go to Beliveau and Beliveau would take it up to management and get it resolved. So you were ready to play hockey all the time. You didn't have all the grievances other teams had. I think that meant a lot."

Mahovlich was on the ice on Feb. 11, 1971, when his six-foot-three centre had a hat trick to reach 500 career goals. The historic marker was a beauty, with Mahovlich slipping a pass to Phil Roberto on the right wing on a rush and Beliveau sweeping in to take the pass, deke Minnesota goalie Gilles Gilbert and flip a backhand inside the far post.

"Getting an assist on his 500th goal was an honour," said Mahovlich. "It was a great goal."

It was a goal that typified the grace and skill Beliveau brought to the sport.

NHL commissioner Gary Bettman released a statement saying hockey was "elevated forever" by Beliveau's "character, dignity and class."

"No record book can capture, no image can depict, no statue can convey the grandeur of the remarkable Jean Beliveau, whose elegance and skill on the ice earned the admiration of the hockey world while his humility and humanity away from the rink earned the love of fans

everywhere. His departure leaves an immeasurable void."

It's been a sombre time for the hockey world. Former player, coach and executive Pat Quinn and former Canadian Gilles Tremblay both died last week, while "Mr. Hockey" Gordie Howe suffered a major stroke in late October.

Beliveau always seemed to have time to talk to fans, sign an autograph or pose for a picture. Stories abound of him sending a note and making a phone call to fans who were ailing or even those who just wished to meet him.

"Big Jean always practised what he preached," said former Canadian Murray Wilson. "He had a very legible autograph because he always thought it was special for someone to ask him for his autograph."

Prime Minister Stephen Harper, an avid hockey fan, offered condolences on behalf of Canadians.

"Mr. Beliveau will be remembered as a hockey giant who inspired a nation with his outstanding skill, humility and pure love of the game," he said in a statement. "His legacy lives on in the records he set, the legions of hockey players that he inspired, and the deep love he shared with his home province of Quebec."

Gov. Gen. David Johnston said Canada had "lost a great champion." In Quebec City, the national assembly observed a minute's silence. Premier Philippe Couillard remembered the Habs legend as a man who transcended sport.

"For Quebecers and Canadians, he was more than just a great hockey player — he was a gentleman," said Couillard, who recalled getting an autograph from Beliveau outside the old Montreal Forum when he was 13. "He gave us an image of ourselves that we liked."

Senator Jacques Demers, who coached Montreal to a Stanley Cup in 1993, said: "What I'm most proud of today, as a French-Canadian, is the tremendous honour that he's paid in tributes by all Canada, anglo-

phones. That makes me feel very special."

And Montreal mayor Denis Coderre sent out a tweet that said: "Farewell Mr Beliveau, you were an inspiration for us all. A true gentleman."

Beliveau won the Hart Trophy as NHL MVP twice. He captured the Art Ross Trophy as the leading scorer in 1956 and won the inaugural the Conn Smythe Trophy as playoff MVP in 1965. In 1,125 games, he recorded 1,219 points on 507 goals and 712 assists.

The native of Trois-Rivieres, who grew up in Victoriaville, was inducted into the Hockey Hall of Fame in 1972. His No. 4 was retired in 1971.

Beliveau had been in poor health in recent months. His death was felt around the NHL.

"With his great talent and class, Jean Beliveau not only became a hockey legend but also a model who will be remembered in Quebec and Canada forever," said Colorado Avalanche coach and former Canadiens goalie Patrick Roy.

Fellow Hall of Famer Mario Lemieux said Beliveau was "class personified."

"He was a hero to generations of his fellow French Canadians and hockey fans everywhere," said Lemieux. "Our sport has lost a great ambassador."

"He's an unbelievable man," Boston Bruins coach Claude Julien said. "When you talk about class, it has Jean Beliveau written all over it. I feel privileged to have had the opportunity to get to know him."

Paul Henderson, the 1972 Summit Series hero who played against Beliveau, added: "He played the game the way the game was supposed to be played, but how he conducted himself off the ice. . . I remember thinking 'That's the kind of man I want to be, in terms of a husband, a father. You need role models like that — like Jean Beliveau. You ask a lot of people from my era, Beliveau was one of the guys that you wanted to emulate. Man, he lived his life well.'"



Dear Santa,

We know how busy you are so The Record, along with the Lennoxville and District Women's Centre, want to help you take care of some families in our community.

The LDWC will forward information about some special children on your list to us and the very generous elves in our community will help fill their orders for delivery at Christmas.

If you would like to be an elf in Santa's Helper project, contact Sharon McCully, Publisher at The Record, by email at outletjournal@sympatico.ca or call her at 819-679-8823 and she will provide a description and wish list from one of the children, or tell you how to help.

We need many elves, so please act quickly.

## Spinach or steak

CONT'D FROM PAGE 9

carbohydrates to maintain your blood sugar levels."

She adds, "Runners should have some carbohydrate-containing foods 30 minutes after running. Good choices include: chocolate milk, cereal and milk, a banana, cubed melons, orange

slices, yogurt, one half whole grain bagel or a slice of toast with low sugar fruit spread. Be sure to drink two to four cups of water to stay hydrated."

Everything in moderation is the key to following a well-balanced diet. For me, I like to have some coffee and then follow that up with a glass of water to keep

hydrated. I will add my organic energy seed mix called Ra Energy onto my oatmeal and one of the seeds - sesame has iron and calcium.

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www.runwithit.ca  
Twitter: christineruns  
YouTube - runwithitcb1

**Death**

**Doug SMITH (1929 - 2014)**

Passed away peacefully during the evening of Monday, December 1, 2014. Beloved husband of Marjorie Adamson and loving father of Glen (Laura), Gary (Scheryl) and the late Sheila. Dear grandfather of Jeremy (Allison), Stephen (Carly), Holly (Jordan), Kristofer, Brittany and Casey (Vanessa) and great-grandfather to Mason. Brother of the late Albert Smith (late Marguerite), the late Gladys Brooks (late Lyle Brooks), Audrey Porter (late Thomas Porter) and Dorothy Bedard (late Paul Bedard) and the late Private Ernest Smith (WWII).

Family and friends are welcome to the visitation at the Cass Funeral Home, 295 Principale S., Richmond on Friday, December 5 from 2 to 4 p.m. and from 7 to 9 p.m., as well as on Saturday from 12:30 to 1:30 p.m., followed by the funeral service at the home at 1:30 p.m. Interment will take place at the Melbourne Ridge Cemetery.

**CASS FUNERAL HOMES**  
295 Principale St., Richmond QC  
PHONE: 819-826-2502  
FAX: 819-564-4423  
cass@casshomes.ca  
www.casshomes.ca

**Death**

**Marguerite "Margie" MCBURNEY (née Clarke)**

Passed away at the Wales Home, on November 30, 2014. Marguerite Elizabeth "Margie" McBurney (née Clarke), in her 91st year, beloved wife of the late Kenneth McBurney and dear mother of Ian (Edie), Craig (Mary), Gary (Doris) and Janet. Grandmother of Sara (Cyrille), Karen, Curtis (Holly); Jennifer (Bradley), Steven (Crystal), Megan; Emily, Nicholas and Tyler and 4 step-grandchildren and their spouses. Great-grandmother of Heather, Madison, Jayden, Alys and Emma Rose and 9 step-great-grandchildren. Margie was predeceased by infants June and Dale Ross.

Resting at the Cass Funeral Home, 3006 College St., Sherbrooke, QC (Lennoxville), where friends may visit on Friday, December 5 from 7 to 9 p.m. A funeral service will be held on Saturday, December 6 at 10:30 a.m. in the Plymouth Trinity United Church, Sherbrooke, QC. Interment in the Eaton Cemetery.

As memorial tributes, donations to the Wales Home Foundation, 506 Rte # 243 N., Richmond, QC J0B 2H0, or to the charity of your choice would be gratefully acknowledged by the family.

**CASS FUNERAL HOMES**  
3006 College St., Sherbrooke QC  
PHONE: 819-564-1750  
FAX: 819-564-4423  
cass@casshomes.ca  
www.casshomes.ca

**Death**

**Sidney JUDD (1929-2014)**



After a long battle with cancer, at the Brome Missisquoi Perkins Hospital in Cowansville, QC, on December 3, 2014, at the age of 85, passed away Sidney Judd, beloved husband of Madeleine Bérard. He leaves to mourn his stepchildren, Joanne (Clark), David (Susan) and Bonnie (David), his grandchildren, Chelsey, Kaitlynn, Robert, Amanda, Josie and Ricky, his great-granddaughter Graceland. Predeceased by his brother Roy (Ruth) and his sister Evelyn (Elden). He also leaves to mourn many nephews and nieces, other relatives and friends.

Resting at the Désourdy Funeral Home, 31 Principale sud, Sutton, QC J0E 2K0, Phone: 450-538-2306, Fax: 450-263-9557 info@desourdy.ca www.desourdy.ca where family and friends will be welcomed on Friday, December 5, 2014, from 7 p.m. to 9 p.m., and on Saturday, December 6, from 11:30 a.m. to 1:30 p.m., followed by the chapel service. Interment will be at Brock Memorial Park in Glen Sutton. The family wishes to thank all the staff from the 3rd floor of the B.M.P. Hospital for their good care and kindness.

Donations made in his memory to the B.M.P. Hospital Foundation (www.bmpfoundation.ca) or the Grace Anglican Church in Sutton would be appreciated.

**DÉSOURDY FUNERAL HOMES**  
31 Principale sud, Sutton, QC  
E-mail: info@desourdy.ca

**PHONE: 450-538-2306**  
**FAX: 450-263-9557**  
www.desourdy.ca

**In Memoriam**

**SANBORN, Floyd** - In loving memory of a dear father and grandfather who passed away 25 years ago December 4, 1989.  
*When God led you in for warmth,  
It was a cold and bitter evening,  
It was then He closed your eyes  
And whispered, "We are leaving."  
Your pain was sudden and silent,  
It ran deeper than any of us knew.  
Your faith was strong and abiding  
And we will never stop missing you.*

**In loving memory,  
ERIC AND BEVERLEY  
DANNY AND ERIKA**

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or visit www.medicalert.ca



*Lets You Live Life.*

**Ladies Auxiliary, Legion Br. #15, regular meeting**

On the evening of November 18, 2014, 16 members were present, despite the cold wind. Pres. Cmde. Bev called the meeting to order at 7 p.m. and ordered the colours be presented. Cmdes. Patsy Biggs, Helen Knowles and Linda Badger, under the direction of Sgt. at Arms Cmde. Wendy Ridley, presented the colours with Cmde. Anne at the piano.

Meeting opened in form, followed by a few words of welcome and thanks for all the help received. Minutes were read by Sec. Cmde. Lucie and accepted; Treasurer's report given by Cmde. Dawn and she also reported the books have been audited. This report was also accepted. One bill was presented and paid.

*Correspondence:* Three thank you notes and 6 requests for donations was received.

**Report of Committees**

*Sick and Shut-ins:* Cmde. Ann had sent out numerous cards.

*Kitchen:* Cmde. Phyllis had nothing to report.

*Membership:* Cmde. Bev gave the membership report. Regrets to report that due to health, Cmde. Marge Abercrombie wished to be replaced. Cmde. Elsie Dunn has taken over.

*Publicity:* Cmde. Mildred reported everything in order.

*Ways and Means:* Cmde. Bev needs gifts and helpers for the Card Party on the 27th of November and helpers for the Wales Home Christmas Party Supper. Profits from the Armistice Banquet were given to the Main Branch.

Donations were made to the Maison Aube Lumiere,

Christmas Baskets and Le Rivage. Money was also given to Cmde. Bev for upcoming events.

Next item was election of officers. Cmde. Mildred was asked by Cmde. Bev to host the election and Cmde. Lucie to be her secretary. The results were as follows: Sgt. at Arms - Cmde. Wendy Ridley; President - Cmde. Ann Clark; 1st. Vice - Cmde. Donna Ham; 2nd Vice - Cmde. Phyllis Bushey; Secretary - Cmde. Lucie Whittingstall and Treasurer - Cmde. Dawn Johnson. Executive committee will be appointed by the President.

Officers resumed their office. Cmde. Mildred extended a hearty thanks to our outgoing President, Cmde Bev for all her hard work and devotion over the past several years. A request from an Auxiliary member to transfer to Br. #15 has been received. This will be taken care of.

Our next meeting will be held one week earlier than our regular meeting on December 9, with our Christmas Supper at 5:30 p.m. and gift exchange.

Installation with the Sr. Branch will be on Monday, November 24 around 8 p.m.

Business being concluded, the colours were retired, meeting closed in form, followed by lunch and social hour.

Half and half was won by Cmde Collette Pageau.

*In Comradeship  
Cmde. Mildred E. Holliday P.P.  
Publicity Convenor*

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**RATES and DEADLINES: ANNOUNCEMENTS & NOTICES**

**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:**

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 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: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

**WEDDING WRITE-UPS:**

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

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

**DEADLINES FOR DEATH NOTICES:**

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

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

## TOWNSHIPS' CRIER

### TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

### AYER'S CLIFF

The 68th annual Turkey Bingo, to benefit St. Barthelmy Parish, will be held on Friday, December 5 at 7:30 p.m. in the Church basement, 911 Clough St., Ayer's Cliff. Lots of door prizes.

### LENOXVILLE

Lennoxville United Church Cookie & Muffin Dough pickup is on Saturday, December 6, 10 a.m. to noon, at the Church, 6 Church St., Lennoxville.

### AYER'S CLIFF

Come join us for our 2nd annual Christmas Bazaar/Tea/Coffee Time at St. George's Anglican Church, 1002 Main St., Ayer's Cliff on Saturday, December 6, from 9 a.m. to 11:30 a.m. Baked goodies, gifts, Christmas decorations etc. Sponsored by St. George's ACW.

### DANVILLE

The Directors of the Danville Curling Club are pleased to invite everyone to the Club's Brunch to be held on Sunday, December 14 from 10 a.m. to 1:30 p.m. at the Danville Curling Club at 1449 Route 116 in Danville.

### SHERBROOKE

Ladies Auxiliary Argyll Pavilion Christmas Bake Sale. Friday December 5, 9 a.m.-2 p.m. Foundation Place, Argyll Pavilion

SSS-IUGS, 375 Argyll St. Sherbrooke. For information call 819-780-2220 ext. 46236.

### STANSTEAD

Stanstead Christmas Celebration December 6, at Place Del Monty, 290 Dufferin from 9:30 to 4:00. Craft & food tables, live music, nativity play, Santa, face painting, many more activities. Free admission. Fun for all ages!

### LENOXVILLE

Free Community Soup Lunch, three kinds of delicious homemade soup, dessert, beverage, at St. George's Anglican Church, 84 Queen Street, on Thursday, December 4 from 11:30 a.m. to 1 p.m. Bring a friend.

### ROCK ISLAND

500 card party on Monday, December 8, 1:30 p.m., at the Bowling Alley, Railroad St., Stanstead (Rock Island). Benefit for 2 grade 5 students class trips.

### LENOXVILLE

Military Whist will be played at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville on Wednesday, December 10 at 1:30 p.m. To reserve a place for yourself or a table for 4, please contact Cheryl Bradley at 819-569-2067. Merry Christmas and Happy New Year to everyone, see you after the holidays.

### LENOXVILLE

Ladies Auxiliary meeting at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville on Wednesday, December 10 at 7 p.m. Meetings now held downstairs.

### LENOXVILLE

Advent Carol Service, 7 p.m., on Sunday, December 7 at St. Andrew's Presbyterian Church, 256 Queen Street, Lennoxville. The congregations of Plymouth-Trinity and Lennoxville United Churches join with St. Andrew's for a special Advent service.

### LENOXVILLE

Christmas for you. Join us for singing, fel-

lowship and Christmas Dinner on Thursday, December 25 at Hope Community Church, corner of Queen and College, Lennoxville. 11 a.m. (doors open at 10:30 a.m.) to 1 p.m. Everyone welcome. No charge - "our gift to you." For transportation or information, call HCC at 819-822-2627 or Paul McLean at 819-820-5932.

### RICHMOND/WINDSOR

Come and hear the Christmas story told in song and word as a 41-voice ecumenical choir shares with you a Christmas Cantata. Performances will be Saturday, December 6 at 8 p.m. at the Richmond-Melbourne United Church, 247 Principale Sud, Richmond, and on Sunday, December 7 at 8 p.m. at l'Église St-Philippe, 63 rue St-Georges, Windsor. A free will offering will be taken at the door. All are welcome.

### NORTH HATLEY

Arts, Crafts and Bake Sale will be held at the North Hatley Legion, 95 Jackson Heights, for 1 day only, on Saturday, December 6 from 9:30 a.m. to 4 p.m. Lunch available. Info: 819-842-2933.

### SHERBROOKE

Peace on Earth! at Sherbrooke Women's Connection. Christmas Carols with David & Warren Heath. Greeting cards with artist Ray Losito. David Wein will tell of his faith story "Peace in the middle of the storm". At the ANAF, 300 St. Francis St., Sherbrooke, on Thursday, December 4 at 9:30 a.m. This month's meeting is for men also. Refreshments and door prizes! There is a small entrance fee. For more information call Pauline at 819-563-8061.

### MAGOG

St. Paul's UCW, Christmas Bazaar and Luncheon, December 6, 2014, 11:00 a.m. - 1:00 p.m. Soup, sandwich and squares luncheon 6\$ / person, with sales tables,

featuring the ever popular bid and buy table. Bake table and more. All are welcome. 211 rue des Pins, Magog.

### AUSTIN

MS Branch 2000 Fun Afternoon & Christmas Pot-Luck Supper on Sunday, December 7, 1:30 p.m. to 6 p.m., at the Austin Municipal Hall, Millington Road. Entertainment by Jimmy Edwards & The Country Folks. B.Y.O.B. Cover charge. Please bring something to share, anything at all, towards supper. Raffle, half & half, door prizes too.

### DANVILLE

Advance Notice. Danville-Windsor Legion #41, 136 Grove Street, will be having a New Year's Eve Party on December 31 from 8 p.m. to midnight. Buffet served at 12:30. For reservations 819-848-1421 or 819-434-1005.

### MOE'S RIVER

Advance notice. The annual Christmas Service at the Moe's River Church will be held on Sunday, December 21 at 7:30 pm at the Moe's River Church. Speaker: Reverend Barbara Wintle. All welcome.

...

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 1195 Galt St. East, Sherbrooke, Quebec, J1G 1Y7, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

# I think this is wrong, and it's causing much tension in our household

THURSDAY, DECEMBER 4, 2014

## Annie's Mailbox

Dear Annie: I have been married for 28 years to a hardworking man. We have one teenage daughter. "Kara" is very smart, and my husband spoils her rotten. Kara has her own car, and my husband gives her money whenever she asks for it. We have some money saved in a college account for her, but she wants to attend an elite school that is more than we can afford. We won't qualify for financial aid.

I think Kara needs to take the money we have saved and figure the rest out, but my opinion doesn't matter. My husband will now delay retirement in order to pay for her to go to the school of her dreams. I think this is wrong, and it's causing much tension in our household. What is your opinion? — Annoyed Mom

Dear Annoyed: Your husband is willing to do whatever he can to give Kara what she wants. You don't think an expensive school is worth it (probably isn't), and you were looking forward to his retirement. We also suspect you harbor some resentment toward your husband, as well as Kara, for his indulgence of her.

This isn't so much about "winning" the argument as it is about accepting whatever decision is reached. We suggest you and your husband sit down with an unbiased third party and speak openly of your concerns. If Kara doesn't go to her expensive college, will she use it as an excuse to blame her parents if she isn't successful? Will your resentment boil over and create a permanent rift? Would your husband be willing to have Kara take out student loans for a portion of the cost? Hopefully, your discussion will allow for some kind of agreement so that each of you can let go of whatever resentment currently exists.

Dear Annie: I love my family and friends dearly, but

some of them think it is perfectly OK to stop by unannounced. I ask only for a simple phone call to see whether it is a convenient time for them to pop in. They all have cellphones, so it's not a matter of them being unable to call. I understand the occasional unannounced visit, but not every time. How can I get them to stop? — G.

Dear G.: If you answered the door in your birthday suit, you might get them to call first, but don't bet on it. Some people believe it is flattering that they feel so welcome, they pop in without notice. And while you might appreciate the thought, it is also inconsiderate to show up and interrupt your day when you may have other things going on. You can say, "I wish I'd known you were stopping by. I have to run out. Sorry." And then leave. Or you can close the blinds and not answer the door, but we suspect if you were willing to do that, they would already know to phone first.

Dear Annie: "No Name" was unhappy because his wife refuses sex. I'm sure my husband could have written that letter, but there's more to it.

Sex is easy. Intimacy is where the work and effort must be applied. Intimacy begins with a couple being able to discuss anything without the other person reacting badly. It begins by treating each other with respect, letting the spouse know she is loved. And liked. Friendship is the most solid basis for intimacy that I know of.

My husband and I have been together a long time, but it's pretty much all about him. He doesn't like to talk about anything unless I agree with him completely. Anything else is criticizing or complaining. If I ask him

to do something, I'm giving him orders. He refused to be close to me unless it was for sex. So I cut him off about 10 years ago. We tried counseling, but he lied at every session. There are reasons why we are still together, but I can't help wondering for how long. — Together but Alone

Dear Annie: I'm in love with a wonderful man who has a couple of habits I can't seem to get past no matter how often I tell myself they aren't important.

My partner is 47, smokes heavily, does not exercise and spends a good part of each day playing online poker. I am by no means a health fanatic or a model of productivity, but I do my best to stay in shape and live a relatively healthy, active life. His habits don't hurt me personally, but I can't help finding them distasteful and a turn-off. And that's the last thing I want to feel about someone I'm in love with.

I also believe in letting people be who they are. So am I even within my rights asking him to change these habits "or else"? Or am I being too demanding, considering his otherwise excellent qualities? I'm afraid that the way I feel about these quirks will eventually overshadow the beautiful, positive feelings I have for him. That is depressing to contemplate. — Hoping for Change

Dear Hoping: These "quirks" do affect you if you live together or share finances. Secondhand smoke can be deadly for you, and someone who plays online poker might have a gambling problem. You cannot force a person to stop smoking, but you can refuse to live in that environment. You also cannot demand that he stop gambling, but if he is addicted and unwilling to quit, you will have an ongoing issue about money. He may have wonderful qualities that you appreciate, but we don't see him as a long-term partner unless he is willing to work on these things.

### CELEBRITY CIPHER by Luis Campos

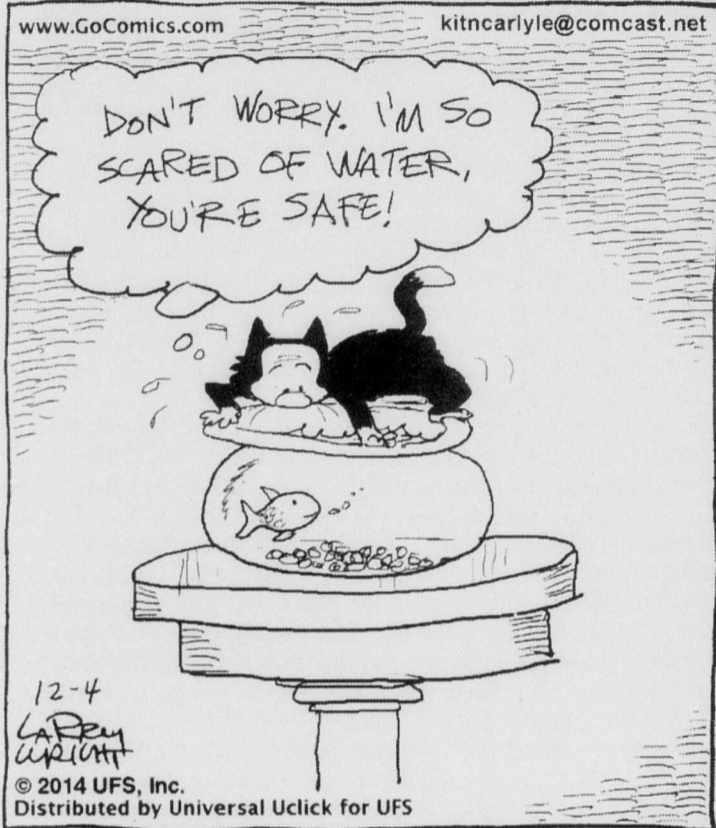
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" BWYG MSR 'IY GSK UASGT ZGT KWFG,  
MSR HSLY RO BFKW Z OYIDSGZAFKM  
IYZA VRFHX." — ZHKIYDD/HSLYTFZG  
XZKWM GZPFLM

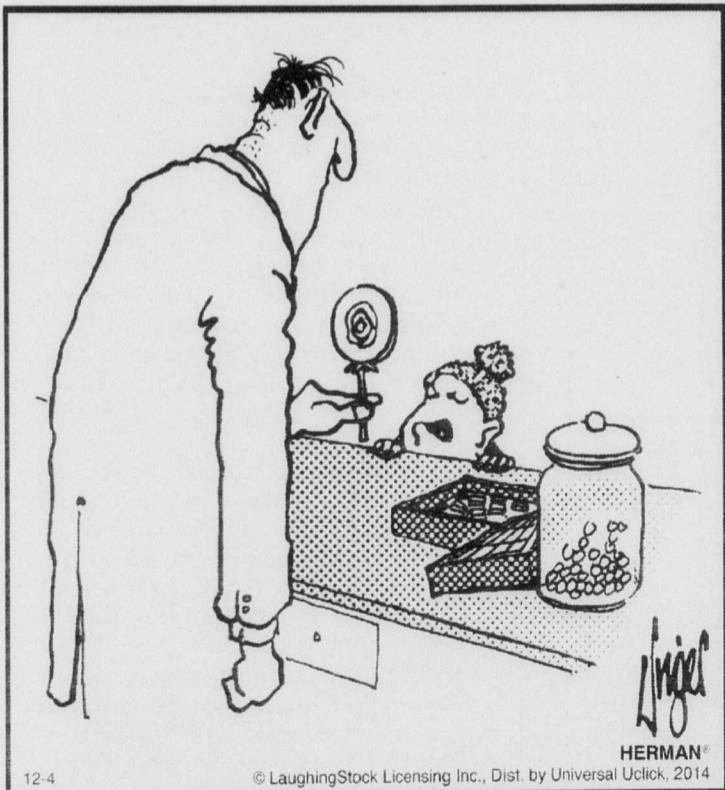
Previous Solution: "In real life, there are names that surprise us because they don't seem to suit the person at all." — Krzysztof Kieslowski

TODAY'S CLUE: J equals P

### KIT N' CARLYLE



### HERMAN



"Will ya take a check?"

### ALLEY OOP



### ARLO & JANIS



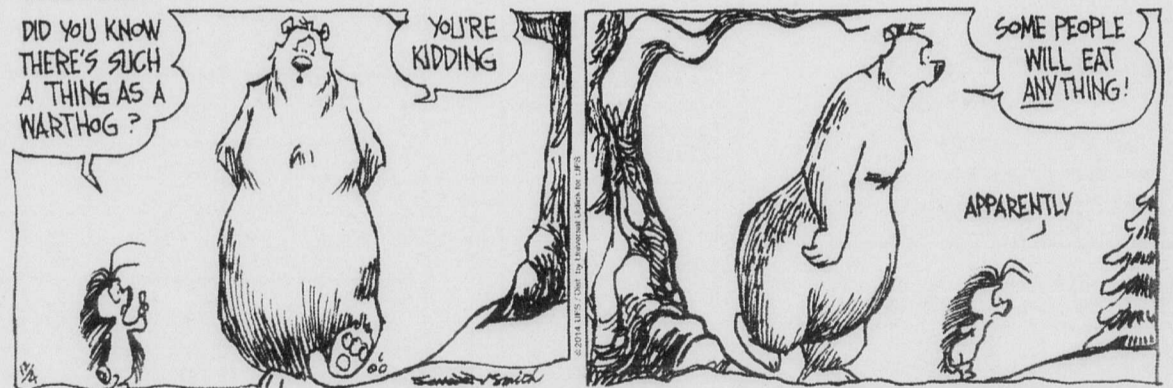
### THE BORN LOSER



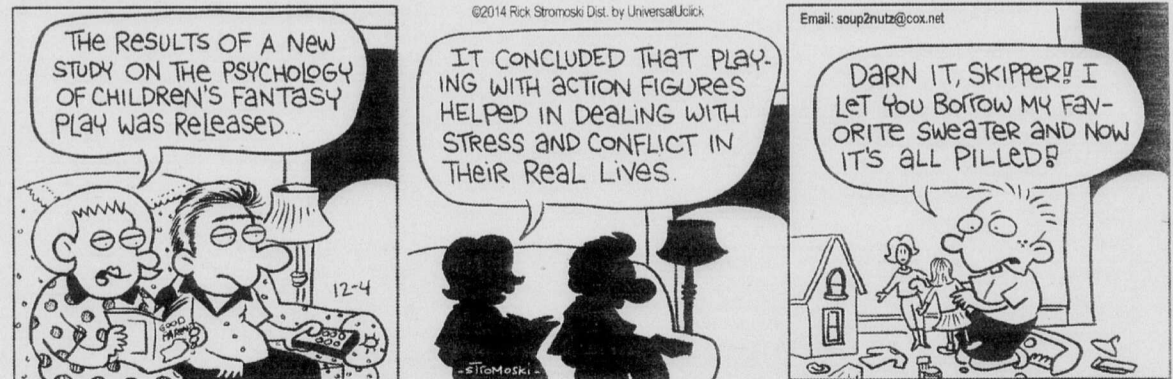
### FRANK AND ERNEST



### GRIZWELLS



### SOUP TO NUTS



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www.diabete.qc.ca

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

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Please look over your ad the first day it appears making sure it reads as you requested, as The Record cannot be responsible for more than one insertion.

## Wales Home News, November 2014



Legion Remembrance Service

It was another superb month of activity at the Wales Home and CHSLD Wales Inc.! Much in house shopping took place in November, including a clothing sale (Boutique Diane) on the 1st and a shoe sale (CN Chaussures) on the 3rd. Residents and their drivers enjoyed a trip to Sherbrooke shopping on the 5th, which was followed by dinner at Au Vieux Duluth. A breakfast outing took place on the 6th to the Deli-Train Restaurant in Richmond. On the afternoon of the 13th, the Wales Home Knitters held their annual sale in the living room.

Eric Manolson played music for residents of the nursing care units on the morning of the 6th. Residents of Norton 1 played a hunting game on the afternoon of the 6th. Residents made a Christmas tree craft in the living room on the afternoon of the 10th. Volunteers came up with the idea and helped residents to complete their holiday decorations.

A Remembrance Day sing-song took place in the living room on the morning of the 11th. It was followed by a service. Thank you to the Royal

Canadian Legion Branch 15 for participating in our service.

On the morning of the 12th, residents had the opportunity to participate in some yoga from their chairs. Thank you to Carol Ann's yoga instructor, Brigitte for joining us. On the evening of the 27th, the residents enjoyed a beautiful musical concert provided by a local Ukrainian family.



Resident Kay Brock

A special 100th birthday celebration was held for Kay Brock by her family on the afternoon of the 7th. Happy birthday to everyone who celebrated this month. Our birthday tea was hosted by the Richmond Young Women's Institute on the afternoon of the 19th.

"Memories Everlasting", the Wales Home book, is available for purchase at a cost of \$20/book. Mailing is also available for an additional fee. We held a celebration in the living room on the afternoon of the 20th to celebrate the book being out (a video from the launch is available for viewing on the Facebook page). We currently have almost 200 of the 500 available copies sold. These could make great holiday gifts that cannot be found anywhere else. We also have Christmas cards featuring Christmas scenes from around the Wales Home.

The cost will be \$1.25/card or \$1/card if you purchase ten or more cards. These items can be picked up at the Wales Home Monday to Thursday from 8 a.m. to 4 p.m. and Friday from 7 a.m. to 3 p.m. at the reception desk. For more information or to place an order, please email me at rtaylor@waleshome.ca or phone me at 819-826-3266 ext. 221. The proceeds from these two projects will go to support the Wales Home Foundation. Thank you for your support!

Welcome to John Cowan, John McElreavy, Therese Donahue and Grant Taylor, who became residents this month. Best wishes to Penny McEwen who spent a week recouping with us. Our sympathies are extended to the family and friends of Joan Erskine, Lillian Hanson and Marguerite "Margie" McBurney.

The decorations changed throughout the month. We began with Remembrance Day and then moved on to Christmas. Now through the home, every floor looks a magical Santa's village or winter wonderland. It is truly a beautiful sight to see.

Don't forget to check out the website at www.waleshome.ca or the Facebook page at https://www.facebook.com/pages/R%C3%A9sidence-Wales-Home-CHSLD-Wales-Inc/359173890897086 for more information on the activity department and other goings-on around the home. I would like to wish you a very happy holiday season. Our calendar for the month of December is overflowing and you will be able to read about it in the New Year.

Submitted by  
Rebecca Taylor

## SUDOKU

Difficulty: 4 (of 5)

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

12-4-14

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**PREVIOUS SOLUTION**

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

**HOW TO PLAY:**

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



# Datebook

THURSDAY, DECEMBER 4, 2014

Today is the 338th day of 2014 and the 74th day of autumn.

**TODAY'S HISTORY:** In 1639, Jeremiah Horrocks observed the first recorded transit of Venus, which occurs when Venus passes directly between the sun and the Earth.

In 1881, the first edition of the Los Angeles Times was published.

In 1945, the Senate formally approved United States participation in the United Nations by a vote of 65-7.

In 1991, Pan American World Airways

(commonly known as Pan Am), went bankrupt and ceased operations.

In 1992, President George H.W. Bush ordered 28,000 U.S. troops to Somalia.

**TODAY'S BIRTHDAYS:** Thomas Carlyle (1795-1881), essayist/historian; Samuel Butler (1835-1902), author; Lillian Russell (1861-1922), actress; Rainer Maria Rilke (1875-1926), poet; Francisco Franco (1892-1975), Spanish dictator; Wink Martindale (1934- ), game show host; Jeff Bridges (1949- ), actor; Marisa Tomei (1964- ), actress; Fred Armisen (1966- ), actor/comedian; Jay-Z (1969- ),

rapper/entrepreneur; Tyra Banks (1973- ) model/TV personality.


**TODAY'S FACT:** The United States evacuated its embassy in Mogadishu, Somalia, in January 1991, due to increasing violence in the Somali Civil War. The embassy has never been reopened.

**TODAY'S SPORTS:** In 1997, Golden State Warriors star Latrell Sprewell was suspended by the NBA for one year after choking the team's coach, P.J. Carlesimo, during a practice on Dec. 1, 1997.

**TODAY'S QUOTE:** "Life is like playing a violin solo in public and learning the instrument as one goes on." — Samuel Butler

**TODAY'S NUMBER:** 2,454 — days American journalist Terry Anderson was held hostage in Lebanon. Anderson was abducted on March 16, 1985, and was the last American hostage to be released, on this day in 1991.

**TODAY'S MOON:** Between first quarter moon (Nov. 29) and full moon (Dec. 6).



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