

\$1.00 + TAXES

PM#0040007682

MONDAY, DECEMBER 23, 2019

# Oh, little towns of Bethlehem!

Sherbrooke church hosts exhibition of nativity scenes from around the world

By Gordon Lambie

The Sanctuaire du Sacré-Cœur de Beauvoir perches high above the City of Sherbrooke on the eastern shore of the Saint-Francis River and, if one knows where to look, it can be spotted from almost everywhere in town. Seeming, until one gets close, like a tiny white model of a church on its hilltop, it is somehow appropriate that the local pilgrimage site is also home to an annual exhibition of nativity scenes and miniature Christmas villages.

"These are just a few," reflected Father Michel Bouffard, the rector of the Sanctuaire du Sacré-Cœur de Beauvoir and owner of the items on display. Although there are roughly 100 crèches out for this year, Bouffard said that he owns over 300 in total, along with an equivalent number of Christmas village buildings, which he and a team of volunteer organizers rotate from year to year on different themes.

"It is never the same exhibition from one year to the next," he said.

Although one might think that there is a limit to the number of ways that one can portray the Christmas story, Bouffard's collection gives that idea a run for its money. Arranged around the lower hall of the white church that stands alongside the site's iconic stone chapel are depictions of the birth of Jesus from cultures all over the planet in materials ranging from stained glass to ceramic to folded pages of scripture. Some take a whole table to themselves, while others could fit inside a walnut shell.

The rector traced the local history of

CONT'D ON PAGE 3

# Busy December for Heroes' Memorial students



PHOTOS BY LOUISE SMITH AND MELISSA CARTER

The parents from the PPO and Governing Board, with Donna Smith as the pancake maker, put on a full breakfast for students, staff, and the bus drivers on the last morning of the December school calendar.

By Louise Smith

As 2019 winds down, December proved to be a busy month at Heroes' Memorial.

The school's annual food drive, under the direction of Ms. Wisdom and her Grade 4 class, collected non-perishable food from Dec. 2 until Dec.9. The boxes of food went to a local food bank.

On Dec.16 the school had a full turkey Christmas meal for all the students. No one left the table hungry! On

Dec.17, Marc Trudel put on a mesmerizing magic show. He wove in the love of literacy into his magic act and had the students spellbound throughout his performance. Also, on the 17th, after school, the Youth Band, which included students from Heroes', gave a concert at Emmanuel United Church, under the direction of Susan Reininger. On Thursday evening, Dec. 19, the Talent Show, a bit earlier this year, showcased the talents of students in musical and dance numbers.

To end the year, before the holidays, the Parent Participation Organization, made a full pancake and ham breakfast for all the students and staff in the school. The bus drivers were invited to breakfast too. On the last day it was also 'Pajama Day' and the students thoroughly enjoyed eating the breakfast in their comfy outfits.

See page 5 for more photos

THE **RECORD**

6 Mallory, Sherbrooke J1M 2E2  
www.sherbrookerecord.com  
Circulation: 819-569-9528  
Advertising: 819-569-9525  
Newsroom: 819-569-6345

**Show your support for your newspaper!**

Send us a picture of you, a family member, a friend, or a group of friends reading The Record and earn a chance to win a free one-year subscription and have your photo published in The Record.

Send pictures to [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)

A winner will be randomly drawn.



# The Record e-edition

There for you  
24-hours-a-day  
7-days-a-week.  
Wherever you are.

Access the full edition of the *Sherbrooke Record* as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00.

Record subscription rates  
(includes Quebec taxes)

For print subscription rates,  
please call 819-569-9528  
or email us at  
billing@sherbrookerecord.com

12 month web only: \$125.00  
1 month web only: \$11.25

Web subscribers have access to the daily *Record* as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the *Record* website: [www.sherbrookerecord.com](http://www.sherbrookerecord.com)
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

## Weather



TODAY:  
PERIODS OF  
SNOW

HIGH OF 2  
LOW OF -9



TUESDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF -5  
LOW OF -11



WEDNESDAY:  
CLOUDY

HIGH OF -4  
LOW OF -8



THURSDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF -1  
LOW OF -5



FRIDAY:  
60% CHANCE  
OF FLURRIES

HIGH OF 0  
LOW OF -5

# Remembering “Mom” at Christmastime



## THE SCOOP

### MABLE HASTINGS

There surely is news to be had at this time of year as the hustle and bustle of the holidays brings with it an abundance of activity and events but this week, I decided to share with Record readers on a more personal level.

Four years ago my brothers and sisters and I had to say good-bye to my Mom, Clarissa Davis. On a sunny November day, no snow to be had, she slipped away from us a little more than a month before Christmas. Living at the Manoir Lac Brome, she was the last of her “tribe” as she liked to put it having said good-bye to her many brothers and sister.

This Holiday season, I would like to share with you all a part of the Eulogy I gave at my Mom’s funeral. As the Christmas Carols play and families gather, I hope the helps you all to keep those you love dearly and may have lost, close to your heart. Like believing in Santa Claus, as long as they live in you, they never really leave.

On her final day, Mom got up, dressed, did her hair, put on her jewellery, and went down for breakfast visiting with everyone she met. She returned to her room, put on her music, turned on her Christmas angel and sat down and began to knit another mitten. Shortly after, she suffered a cardiac trauma. A slight smile on her face and looking as tranquil and beautiful as the day itself, she began her departure.

Is there beauty in death? If you’d asked me the day before my Mother died I would have said no. Today I tell you that the beauty and joy some of you know in the birth of your children is the beauty I saw as my mother’s body lay lifeless and hollow. She was merely here one moment and forever gone the next. She took nothing more than what was hers as she departed. She left a smile behind and all the love, experiences, mem-



ories and lessons that she was able to share.

From my mother I learned that a “dog” toenail is as harmless as the other nine human toenails on a mother’s two feet. I learned that a “Davis thing,” hanging on one’s leg is likely an honest to goodness description used in the Medical Encyclopaedia. I learned that Mr. Rene, my Stanbridge East school Principal was a guest and even if he was fat and I was hungry, the guest gets the last whippet cookie in the box. I learned that B O L O X did not spell Box and that Uncle Don was wrong. I learned that ROLANDDICKDONDOROTHYANDCLINT was NOT one word but rather an acceptable swear word if you said it in one breath while yelling at a misbehaving child. I learned too that death is scary until it isn’t anymore.

Most of all, from my Mother, Clarissa Davis, I learned that, being a good person has nothing to do with where you come from, how much money you have or whether you got an invite to the Birthday party that all the other kids were going to....Being a good person comes

from inside and flows outside making others feel like good people too. Clarissa Davis was a good person, a loving mother and whether you knew her as Little Boppity, Clarissy, Elvy, Teny, the Dutchess, Granny Grease, Ma, Mom or Grammy, be thankful that you KNEW her because she was one hell of a lady from her soft white hair to her little dog toenail.

We love you “Pleurisy” and I can still hear your parting words at the end of each visit, “You come and see me tomorrow,” and I can’t tell you how much Mom, we wish that we could.

Here are a few lines from one of my Mom’s favourite songs at this time of year:

*“Please let your heart be joyful,  
And let your spirit sing.  
For I’m spending Christmas in Heaven,  
And I’m walking with the King!  
I know how much you miss me;  
I see the pain inside your heart.  
But I’m not so far away,  
We really aren’t apart.”*

By: Wanda Bencke

## Ben by Daniel Shelton



# LOCAL NEWS

*"That was a big year," he said, noting that the average on other years was closer to 1,000. "Christmas villages are more popular with the children,"*

## Nativity scenes

CONT'D FROM PAGE 1

the exhibition back to 2006, but he said that the crèches moved with him from Ontario and New Brunswick before that.

"I had a friend who already had a collection, he recalled. "She bought me a crèche, then gave me another, then gave me some little houses for a Christmas village. Before she died she gave me her collection. Since that time I've doubled them."

Although some more fragile displays have been broken over the years, Bouffard said that he adds to his collection every year and, as tends to be the case once people know of a collector, he also receives them as gifts regularly.

At this point much of the work of setting up the annual exhibit is done by a team of volunteers, but the priest said that he still acts as a kind of curator for

each year's show; picking out the theme and working with the other members of the team to plan out how best to make the core idea resonate. Last year the display put Christmas villages at the heart of the action and drew roughly 1,500 visitors over the course of the holiday season.

"That was a big year," he said, noting that the average on other years was closer to 1,000. "Christmas villages are more popular with the children,"

According to Bouffard this year the exhibit's theme is the figure of Joseph, both as a way of highlighting the important role Jesus' surrogate father has to play in the classic story and in a nod to Saint-Joseph's role in the Catholic tradition as patron saint of craftsmen.

"Next year is the 100th anniversary of the little stone chapel," the rector said, explaining that the upcoming celebration has been dedicated to the saint in

recognition of the work of artisans that has gone into its long history. There are at least five different miniaturized representations of the chapel within the exhibit itself in different places around the room, and Bouffard pointed out that visitors to the exhibition are also invited to record a virtue of the patron saint that they look to embody in the coming year on a construction paper "stone" to help build the church together on the wall. An optional pamphlet on beliefs surrounding the figure of Joseph is available for those interested in more background as they visit.

The exhibition is on display until the 12 of January, although Bouffard said that Christmas Day and New Year's Day are often the busiest. Visitors are welcome from 11:30 a.m. to 4 p.m. from Monday to Saturday, and 11 a.m. to 4 p.m. on Sundays and Holidays. There is no fixed entry fee, although a donation

of five dollars is suggested to help defray the costs of heating the space over the holiday season. Any additional funds raised will go towards funding the 100th anniversary celebrations in 2020, which the rector said include a Foresta-Lumina inspired internal and external lighting of the historic structure

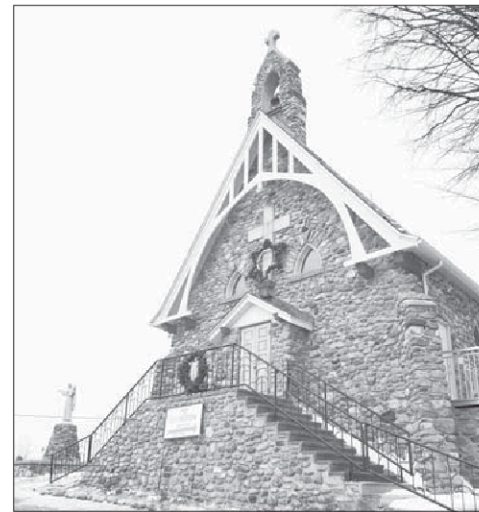
"We're waiting on the plans," Bouffard said.

To find the Sanctuaire du Sacré-Cœur de Beauvoir and its little towns of Bethlehem, follow Rue Saint-Francois out of downtown Sherbrooke and turn onto Chemin du Sanctuaire. Follow that road up the hill until you can turn left onto the cote de Beauvoir. Those coming from out of town can take exit three off of Highway 610 and follow Rue Saint-Francois towards downtown Sherbrooke to come at Chemin du Sanctuaire the other way.

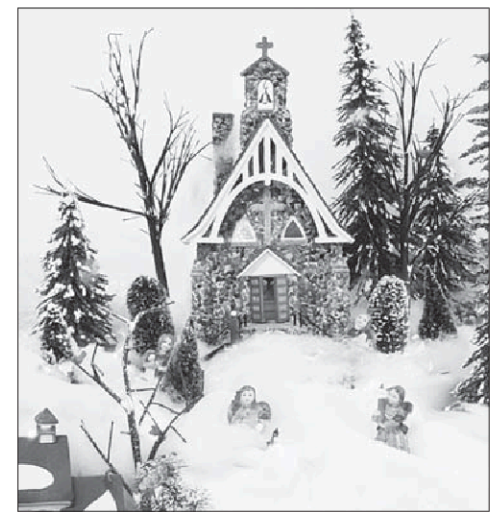


PICTURES BY GORDON LAMBIE

Father Michel Bouffard has collected over 300 nativity scenes over the course of his career and displays some of them every year at his church in Sherbrooke.



In addition to featuring a large number of nativity scenes, the exhibit is also home to several different Christmas villages, each of which features a miniature version of the pilgrimage site's stone chapel.



### THE RECORD

### HOLIDAY OFFICE HOURS

- Monday, December 23: 8:30 a.m. to 4:30 p.m.
- Tuesday, December 24 - 8:30 a.m. to noon
- Wednesday, December 25 - closed (no paper)
- Thursday, December 26: closed (no paper)
- Friday, December 27: 8:30 a.m. to 4:30 p.m.
- Monday, December 30: 8:30 a.m. to 4:30 p.m.
- Tuesday, December 31: 8:30 a.m. to noon
- Wednesday, January 1: closed (no paper)
- Thursday, January 2: closed (no paper)

*We would like to take this time to wish you all a very Merry Christmas and a happy New Year!*

### Christmas for you

Join us for Carols and Christmas Dinner

our gift to you on  
Wednesday, December 25

11 a.m. to 1 p.m.

(doors open at 10:30 a.m.)

at Hope Community  
Church

corner of Queen and  
College, Lennoxville.



For transportation and/or information,  
call Paul McLean at 819-820-5932, OR  
Don & Jackie Loughheed at 819-563-7750  
email [info@hcclennoxville.ca](mailto:info@hcclennoxville.ca)

Everyone  
welcome.

No charge -  
"our gift to you."



# Stanstead College plays Santa for local elementary schools

Submitted by Ross Murray, Director of Communications, Stanstead College

Young students at Sunnyside Elementary School in Stanstead were surprised Thursday morning with books from students and faculty from Stanstead College and special guest, Santa Claus!

This special Christmas project started with the Grade 8 classes at the College writing and illustrating short stories for the younger children. The Art Department, under the direction of Amy Laroche, designed and printed Christmas cards for each of the children as well.

Then several weeks ago, the College

held free-dress down, with students donating cash for the privilege of being out of uniform for the day. Enough funds were raised to purchase a book for each student at Sunnyside. There was enough money to also donate to local French elementary school, Ecole Jardin-des-frontières.

Thursday morning, Stanstead students and Santa presented the Sunnyside kids with their gifts. Students spent time with the children in each grade, reading books and short stories.

When asked about her experience, Avah St-Pierre, Grade 8, replied, "It was so much fun! One little girl gave me a hug that lasted about 5 minutes! She loved my story and said, 'The best part was when the bad elf realized he could save Christmas.'"

Teacher Barb Wilkinson noted how surprised and happy the younger children were. "It's nice to see everyone together, and enjoying themselves," she said. "The kids were full of big smiles and sang their school song as a thank you."

After Sunnyside, teacher Lisa Smith took a few College students to Jardin-des-frontières with some books, a big card and the donation. Several classes came to the school library where two younger students open the boxes. They then passed all the books around for all to



COURTESY

Santa Claus with one of the Sunnyside students



Stanstead College students (l-r) Sarah Callaghan, Georgia Bailey, Elodie Roy, Justin Bouchard, Avah St-Pierre, Ben Smith and Beatrice Ruf arrive at Ecole Jardin-des-frontières with their gifts.

## ASK THE EXPERTS BUSINESS DIRECTORY

### OPTOMETRISTS



Our eye care services:

- Eye Exam
- Children and Elderly Eye Care
- Low Vision Aids
- Eye Disease Screening
- Contact Lenses
- Wide Selection of Frames
- Sunglasses

**OPTO**  
RÉSEAU

160 Queen St., Lennoxville  
819.563.2333  
Dr. Meggie Faust, Dr. Alain Côté and Dr. Denis Destrempes, optometrists

- INVESTMENT
- NOTARY
- OPTOMETRISTS
- TREE SERVICE



### NOTARY

*Lamoureux Leonard* sencl



Notaries & Solicitors

**Mtre Timothy Leonard**

- Trust Wills • Mandates
- Corporate Law • Estate Settlement
- Protection of Assets

520 Bowen St. S., Sherbrooke  
(next to Hôtel-Dieu Hospital)

**563-0500**

### TREE SERVICE



**ArboExcellence**  
Stephen Goddard, prop.  
ISA Certified Arborist QU-0103A



Professional Tree Service

- Pruning
- Hedge trimming
- Tree removal
- Planting
- Stump grinding
- Lot clearing
- Chipping
- Forestry
- Cabling & bracing
- Consulting

Over 30 years  
experience  
Fully insured  
Free estimate

[www.arboexcellence.ca](http://www.arboexcellence.ca)

Cell: 819-821-0425

Tel./Fax: 819-562-1642

### INVESTMENTS

Life Insurance

~ Annuities

~ Critical Illness

~ LTD

~ RRSP\* • RDSP\*  
RESP\* • RRIF\*

(\*Only Mutual Funds are offered and regulated through Global Maxfin Investments Inc.)

In partnership to help you invest for your future



**TIM GODDARD**  
BRANCH MANAGER



**RICK TRACY**  
MUTUAL FUNDS DEALING  
REPRESENTATIVE

**GLOBAL MAXFIN INVESTMENTS INC.**

151 Queen Street, Sherbrooke • 819-569-5666

"Locals serving locals for more than 20 years."

Support the local businesses, services & professionals who serve our area where you live, work and play!

# School Page

## Heroes' Memorial Students

### Legion Branch no. 99 acknowledges poster and writing winners at Heroes' Memorial

By Louise Smith

Robert Bouthot, President of Legion branch no. 99 in Cowansville, came to Heroes' Memorial School on Wednesday afternoon to hand out \$245 in prize money to students from Grades 1 to 7. In all, 49 prizes of \$5 each, were given to the top poster artists in each class, as well as twelve writing prizes from Grade 3 and up.

Every year Heroes' Memorial students actively participate in the contest. It is a lead-in to the Remembrance Day

ceremony that has become an integral part of the Heroes' Memorial program. With a name like Heroes' Memorial, it is fitting that the students every year connect with the Legion, which is right next door.

The winning entries then go on to the provincial level. Winners from that level will go on to the national level. In years past, both posters and writing submissions have won at the national level. Those winners have their work on display for a year at the War Museum in Ottawa.



PHOTOS BY LOUISE SMITH

Right: Poster winners from Grades 1 through 3. Top: Senior poster winners from Grades 4 to 7. Left: Winning writers from Grades 3 to 7.

# Busy December

CONT'D FROM PAGE 1



Marc Trudel put on a mesmerizing Magic Show for Heroes' students.



**THE RECORD**

Follow us on Facebook and Twitter!

[f sherbrookerecord](#)  
[@recordnewspaper](#)

---

**NEW YEAR'S EVE PARTY**

**Tuesday, December 31, 2019**  
**at 8 p.m. - 1 a.m.**

*Cocktails at 8, Live Music with Philip Patton and Friends starting at 9. A little Rock'n'Roll, a little Country and a whole lot of fun!!*

\$25 per ticket, Reserve now!  
819-346-9122

*Happy New Year*

**The Hut 819-346-9122**  
**300 St. Francis Street**  
**Sherbrooke (Lennoxville)**

# EDITORIAL

*Fridays for Future now estimates that more than 9.6 million strikers in 261 countries have participated in climate strikes.*

## A year of resistance: How youth protests shaped the discussion on climate change

By Joe Curnow  
Assistant Professor of Education, University of Manitoba and Anjali Helferty  
PhD Candidate at Ontario Institute for Studies in Education, University of Toronto

Greta Thunberg made history again this month when she was named Time Magazine's Person of the Year. The 16-year-old has become the face of youth climate action, going from a lone child sitting outside the Swedish parliament building in mid-2018 to a symbol for climate strikers — young and old — around the world.

Thunberg was far from the first young person to speak up in an effort to hold the powerful accountable for their inaction on climate change, yet the recognition of her efforts come at a time when world leaders will have to decide whether — or with how much effort — they will tackle climate change. Their actions or inactions will determine how much more vocal youth will become in 2020.

Thunberg coined the hashtag #FridaysforFuture in August 2018, inspiring students globally to hold their own climate strikes. Many of them argued that adults were not doing enough to address the climate catastrophe. Today's youth saw themselves on the generational front lines of climate change, so they walked out of their schools to demand transformative action.

The strikes spread throughout the fall and winter, and spilled over to 2019. Students in the United Kingdom joined the movement on Feb. 15, 2019 with a mass mobilization, on the heels of Australia, Switzerland, Germany, Japan and many other countries around the world. They skipped school because they felt there was no point to school without a future, and their resistance took their grievances around generational injustice di-

rectly to elected officials.

Fridays for Future now estimates that more than 9.6 million strikers in 261 countries have participated in climate strikes. And Thunberg herself has met with hundreds of communities and numerous heads of state. While Thunberg's celebrity has paved the way for the climate strikes to scale up — her work rests on decades of climate activism that have made this year's mobilizations possible.

### Environmental justice momentum

Youth climate activist Isra Hirsu will be 27 in 2030, the year that scientists say the planet will be stuck on a path towards dangerous warming. AP Photo/Jacquelyn Martin

Indigenous activists like Vanessa Gray, Nick Estes, Autumn Peltier, Kanahus Manuel and many others whose work bridges sovereignty and environmental damage have also played an important role. They have helped shift the climate movement toward the framework of climate justice, which acknowledges the intersections of colonialism, racialization, capitalism and climate change.

This moment also builds on environmental justice movements. Young activists like Isra Hirsu, Cricket Cheng, Maya Menezes and others have been building movements where a racial justice lens brings the climate movement into focus.

While these leaders may not have been recognized with Time Magazine's Person of the Year, their work has significantly reshaped the climate movement. They are helping politicize a new generation of climate activists who understand climate change not as an isolated phenomenon, but one with roots in a capitalist system that is inherently racist, colonial, sexist and ableist.

### Indigenous-led resistance

This year has also seen Indigenous-led



resistance to climate change and the related oil, gas, fracking, hydro and other natural resource extraction too.

Secwepemc leaders and their allies have built tiny houses to prevent the Trans Mountain pipeline expansion from being forced through unceded Secwepemc territory. In Mi'kmaq and Wolastoqey territory, there's been resistance to fracking. Across northern Manitoba, Cree and Nishnaabe communities are resisting hydro projects they say will devastate their communities.

In British Columbia, nations have fought the Site C dam, which threatens to flood communities, change watersheds and escalate violence against women through work camps filled with men. Inuit and Cree communities in Labrador have resisted the Muskrat Falls hydro project.

This mirrors Indigenous-led environmental action against colonial energy projects around the world, including work in Karen communities in Thailand, Indigenous peoples in Colombia, Waorani peoples in Ecuador, among Saami peoples and countless other Indigenous nations.

### Rejecting adult inaction

The climate strikes are an example of youth becoming politicized, rejecting adult inaction and demanding more from governments. In the coming years, we can expect the climate movement to keep growing, become even more politicized and escalate the intensity of tac-

tics.

When governments resist reasonable requests, decades of social movements teach us that activists escalate. We can look at the histories of the HIV/AIDS movement, the Civil Rights movement, African liberation struggles and "poor people's movements," which show us that when people get pushed out, they turn up the pressure.

That escalation is necessary to win substantive change. Escalation is not usually seen by the public as nice as polite entreaties, but research clearly shows that direct action leads to change.

Greta's recognition by Time Magazine will continue to inspire more young people to join their peers in demanding bold climate action like the Green New Deal and to use the legal system as a tool by suing governments over climate inaction.

If elected officials fail to act, we can expect these young people to adopt more disruptive tactics and do the work on the ground to elect new leaders. Even if they can't yet vote themselves, there are many ways they can — and will continue to — shape our politics and our future.

Joe Curnow has received funding from the Canadian Tri-Council and the Spencer Foundation. She is affiliated with climate activist organizations across Canada.

Anjali Helferty receives funding from the Canadian Tri-Council. She is affiliated with climate activist organizations across Canada.

## THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2  
FAX: 819-821-3179  
E-MAIL: newsroom@sherbrookerecord.com  
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511  
MATTHEW McCULLY MANAGING EDITOR (819) 569-6345  
GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345  
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856  
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS  
ACCOUNTING (819) 569-9511  
ADVERTISING (819) 569-9525  
CIRCULATION (819) 569-9528  
NEWSROOM (819) 569-6345

KNOWLTON OFFICE  
5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0  
TEL: (450) 242-1188 FAX: (450) 243-5155

### PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

### ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

Rates for out of Quebec and for other services available on request.  
The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

### Member

ABC, CARD, CNA, QCNA

## Letters

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Preference is given to writers from the Eastern Townships.

# Quebec ski hills ready for a snowy holiday season

Record Staff

Based on the snow reserves its member stations have managed to amass so far, the Association representing Quebec's ski centres, the ASSQ, says it has no doubt that Christmas will be white on the ski slopes across the province. Whether a person visits the resort for skiing, for après-ski, for events or simply to admire the winter landscapes, the claim is that there is a little something for everyone during the holiday season, a period that represents on average almost 20% of the each resort's business for the year.

Thanks to the return of the cold and the impressive quantities of snow produced at the start of the season, the ski resorts are ready to welcome visitors for the holiday season. According to the ASSQ, the weather upheaval of last weekend is a thing of the past for ski resorts that know how to adapt to changing

weather conditions. The trends at the start of the season are positive on the sales side. The industry is seeing an increase in sales of season tickets and ski lessons. This growth is a sign that Quebecers are always eager to rediscover the pleasures of board sports. Skiers and boarders will be able to hit the slopes at almost all of the resorts in Quebec that will be in operation across the province to allow you to enjoy the joys of winter during the Holidays. Snow conditions show signs of being very good during the holidays

The activities offered to visitors are all quite varied, ranging from torchlight descent to Santa Claus runs, as well as activities like fireworks and other celebrations of all kinds. Whether alone, with family or friends, ski and snowboard enthusiasts can take advantage of the best winter days to get some fresh air in the mountains.

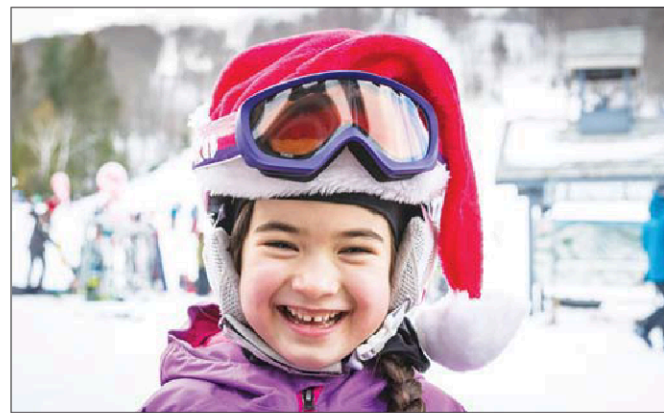
The association is also encouraging

people to take advantage of the holidays as a time to learn to ski or teach a friend. The "My First Time" package is a special deal which includes a lesson in ski or snowboard, full equipment rental (including helmet) and access to the learning area for only \$ 25 available at a number of participating hills through [www.maneige.ski](http://www.maneige.ski).

All the useful information for a memorable holiday season on the slopes is available on [www.maneige.ski](http://www.maneige.ski), including snow conditions, promotions, events and the best tips and tricks.

### About the ASSQ

Founded in 1979, the ASSQ is a non-profit organization of ski resorts in Quebec. Its mission is to promote and de-



MATHIEU DUPUIS/ASSQ

velop the interests of the resorts, foster the development of the next generation in skiing and board sports, and support the industry in order to offer skiers and snowboarders memorable mountain experiences. According to the association, alpine skiing and snowboarding are practiced by approximately 1.4 million Quebecers.

# Sherbrooke rinks starting to open

Record Staff

The City of Sherbrooke announced on Friday that many of its outdoor skating rinks are now open, just in time for the long holiday break. Of the 29 parks with icy surfaces, 14 are now able to accommodate skating enthusiasts. These surfaces join the city's Bleu Blanc Bouge ice rink in Alfred-Élie-Dufresne Park, which has been open for two weeks.

The available exterior surfaces are as follows:

Nault Park: an ice rink and an ice

ring.

Atto-Beaver Park: a skating rink and a skating ring.

Gilles-Charland Park: an ice rink.

Central Park: a skating rink and a skating ring.

Saint-Alphonse-de-Liguori Park: a large ice rink and an ice ring.

Debonair Park: a skating rink and a skating ring.

du Villageois Park: a skating rink and a skating ring.

Belvedere Park: an ice skating rink and a skating ring.

Base de plein air André-Nadeau: an

ice rink and an ice circle.

André-Viger Park: an ice ring.

du Mi-Vallon Park: an ice rink.

Paul-Marin Park: two skating rinks.

Domaine-Howard Park: the frozen pond

The other exterior surfaces should open gradually over the next few days. Note that there are 33 outdoor skating surfaces and 36 rinks with lines in Sher-

brooke.

To follow the progress of this opening, to know the state of the ice rinks day by day, and to find out all about the other winter activities available in Sherbrooke, consult the interactive map available at [sherbrooke.ca/mesloisirs](http://sherbrooke.ca/mesloisirs).

## Looking for an original gift?



In 2016, The Record published a commemorative book entitled "County Fairs of the Eastern Townships". This book includes pictures taken over the past century from all the fairs in the region. Available at \$8 each if picked up (\$12 if mailed).



We will also have a limited number of the "50th anniversary Memorial Book of Massey Vanier High School" which includes photos, stories and anecdotes from the school's humble beginnings. The books will be available for \$10 each if picked up (\$14 if mailed).



We also have a limited number of Book 2 of "Decades of Headlines" compiled into one book. This book covers some of the most important headlines and stories from the front pages of the newspaper – wars, depression, floods, crime and punishment – from 1921 to 1930. Available at \$8 each if picked up (\$12 if mailed).



For more information, call 819-569-9528 or email us at [billing@sherbrookerecord.com](mailto:billing@sherbrookerecord.com) or drop by our offices at 6 Mallory, Sherbrooke (Lennoxville).



# YOUR HOMETOWN NEWSPAPER

*for the Holidays*

**GIVE THE GIFT THAT KEEPS ON GIVING!**

*Give the gift of news, sports and entertainment that lasts the whole year through.*

Order a new subscription or renew now and get 1 month free. When you order a one-year print subscription (new or renewal) get the full e-edition for no charge.

Contact our offices for the rates.

**819-569-9528**

**[billing@sherbrookerecord.com](mailto:billing@sherbrookerecord.com)**

Offer valid until December 31, 2019.



**Death**



**RAYMOND KIRBY, Sharron F**

It is with profound sadness that the family announces the passing of Sharron F. Raymond Kirby. Following a tough battle with leukemia, surrounded by family, on December 20, 2019 at the age of 63, she lost this battle with cancer.

Daughter of the late Wellington (Wink) Raymond and the late Gertrude (Gertie) Wilkin Raymond, Sharron leaves to mourn her husband of 43 years Bruce Kirby, her daughters Karyn (Phil Dolloff), Karolyn (Jonathan Rhicard), her granddaughters Bridgett and Brooke, her granddogs Kendra and Dottie, her sister Gloria (Gerald Gilbert), her brother Bill (Lynda McVety), her sister Beverly (the late Tom Powell), great friend JoAnn Hovey (Bill Pratt) along with many sisters and brothers in law, nieces, nephews, cousins, and friends.

Sharron was always a fighter, having fought through deafness, defeating breast cancer and conquering many challenges of life. She enjoyed dancing, painting and traveling. She had a vivacious personality and was always friendly with everyone.

She enjoyed her job at the Sherbrooke Record and being self employed for over 15 years.

The family would like to thank the staff on the 7th floor at the CHUS Fleurimont, and Maisonneuve Rosemont Hospital 5CD staff as well as the research staff of Dr Dennis-Claude Roy.

A private ceremony will be held at a later date.

For those who wish to donate, donations to the Eaton Cemetery Association, Box 934, Cookshire, QC, J0B 1M0, in memory of Sharron would be appreciated.

**Death**



**MONTAGUE, Frederick James**

Aug. 8, 1926 – Dec. 13, 2019

Beloved son of the late Alfred and Emily

(Williams) Montague. Died Friday, December 13, 2019 surrounded by family and deeply loved. Fred was born and raised in Montreal and served proudly in the Canadian Navy, 1943-45. He worked for Bell Canada from 1946 until his retirement in 1987. Fred was a world traveler, a dedicated student of British history and an avid golfer – a passion he shared with his children and grandchildren for many years. He leaves to mourn Marian (Neafsey), his beloved wife of 69 years, brother Steve (Mary Hoerig), children John, Jane and Willa (Jamie Crooks), grandchildren Lindsay, David, Bill, James, Stephanie and Sam, as well as 6 great-grandchildren. Fred was predeceased by his brother Bill, his son Jamie, and his grandson Ryan. The family thanks the Wales Home, Cleveland, Quebec, for its excellent and compassionate care in Fred's final days. A memorial service celebrating Fred's life will be held in Montreal in the spring of 2020.

**MOUNT ROYAL FUNERAL COMPLEX**  
1297 Chemin de la Forêt  
Outremont, Québec H2V 2P9  
Tel: (514) 279-6540  
Fax: (514) 279-5368  
www.mountroyalcem.com

**In Memoriam**

**SCHINCK** - In loving memory of Mom, Margaret, Dec. 23, 1995, sister, Sheila Sept. 25, 1976 & father, Gaston, Oct. 25, 2004.

A Family Memorial Christmas Tribute **THE BREAKING OF CHRISTMAS DAWN**  
Carols, Candles, Roses, Christmas Trees & Culinary Offerings

*Soul stirring favourite ageless Carols sung throughout the World proclaiming Our Saviour's Birth  
Flickering candles whose soft lights the darkness cannot overcome,  
Elegant roses, symbols of love-pure, unconditional & enduring, guarded by a robust shield of thorns nestled in an envelope of forest green*

*Fragrant balsam trees lighted by striking veils of twinkling lights representing the celestial stars above, adorned by gilded decorations and skirts of colorful ribbon wrapped gifts for loved ones  
Delicious savoury meals of roasted turkey, home made rolls, pies, dressing & other treats*

*My traditional, memorial connection to the past draped with a garland of countless other treasured memories.*

*All governed and made possible through the birth of Jesus Christ on Christmas morning.*

**With Enduring Love,  
DENIS, BEVERLY & FAMILY**



*I'm gonna be a Fireman someday.*

**Muscular Dystrophy Association of Canada**  
1 800 567-ACDM  
Until there's a cure, there's us.

**Do Just One Thing**



By Danny Seo

Do you have a handheld steamer you normally use to blast away wrinkles in clothing? These little steamers are actually fantastic to use around the house to help sanitize, all while using only the power of hot, steamy water! The best places to start steaming and sanitizing are your kitchen and bathroom countertops. The steamer will blast away grime, germs and bacteria and leave the countertops shiny and clean. You can also steam faucets, grout lines, windows and mirrors to disinfect and get them perfectly clean.

**Datebook**

MONDAY, DECEMBER 23, 2019

Today is the 357th day of 2019 and the third day of winter.

**TODAY'S HISTORY:** In 1783, George Washington resigned as commander in chief of the Continental Army.

In 1823, the poem "A Visit From St. Nicholas" (better known as "Twas the Night Before Christmas") was first published anonymously in the Troy (New York) Sentinel. The poem was later attributed to Clement C. Moore.

In 1954, the first successful kidney transplant was performed at Brigham Hospital in Boston.

In 1986, the lightweight composite aircraft Voyager completed the first nonstop flight around the globe without refueling.

**TODAY'S BIRTHDAYS:** Joseph Smith (1805-1844), religious leader; Madam C.J. Walker (1867-1919), entrepreneur; Norman Maclean (1902-1990), author; Akihito (1933- ), emperor of Japan; Harry Shearer (1943- ), actor/comedian; Wesley Clark (1944- ), Army general; Susan Lucci (1946- ), actress; Bill Kristol (1952- ), political commentator; Jim Harbaugh (1963- ), football player/coach; Eddie Vedder (1964- ), singer-songwriter; Finn Wolfhard (2002- ), actor.

**TODAY'S FACT:** In 2006, an original handwritten copy of "A Visit From St. Nicholas" sold in a private sale for \$280,000.

**TODAY'S SPORTS:** In 1972, the Pittsburgh Steelers defeated the Oakland

Raiders, 13-7, on a bizarre last-second touchdown that became known as the "Immaculate Reception."

**TODAY'S QUOTE:** "One of life's quiet excitements is to stand somewhat apart from yourself and watch yourself softly becoming the author of something beautiful even if it is only a floating ash." — Norman Maclean, "A River Runs Through It"

**TODAY'S NUMBER:** 16 — survivors of the "Miracle of the Andes" plane crash rescued on this day in 1972, after surviving for more than two months at the crash site in the mountains along the border between Argentina and Chile.

**TODAY'S MOON:** Between last quarter moon (Dec. 18) and new moon (Dec. 25).

**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.

# Responsible for the input, not the outcome

Dear Annie

MONDAY, DECEMBER 23, 2019

**Dear Annie:** This is in response to the letter about grandkids not sending thank-you notes for gifts they receive. I was brought up to always say thank you, or to send a thank-you note. This not only shows appreciation but also it lets the sender know that the gift was received.

Forty-two years ago, I married a widower with three young boys. At the time, the twins were 6 and the older boy was 9. I started teaching these kids to follow this practice, too.

They are now all adults, and we have four grandchildren. Despite raising them to respond to presents and show appreciation, I find myself always having to ask the parents if the grandkids received a gift we sent them. I am very disappointed and upset that the importance of this, apparently, has not been passed down to the grandkids.

My husband says that this is “just the way this younger generation is,” but I believe everyone should be taught manners, no matter their age. Therefore, I keep reminding myself that, as parents, we are only responsible for the input and not the outcome of our children. But it still is upsetting. — Disappointed Grammy

**Dear Disappointed Grammy:** It is un-

derstandable that you are frustrated with your grandchildren’s lack of manners. It’s not too late to remind your children about how important it was for them to write thank-you letters, and the value of passing on this skill. Maybe this reminder will help them change their behavior and their instruction to the next generation.

You are right that at some point you just have to acknowledge that you did the best you could as a parent and hope that some of the good habits and manners that you taught them trickle down.

**Dear Annie:** “Not Feeling the Christmas Spirit” should tell her family no, she won’t be hosting Christmas this year, and that she won’t be guilted into doing so. I, too, have the largest house in my family and was expected to host not only Christmas but Thanksgiving, birthdays and any other occasion that warranted a celebration.

If she doesn’t say no now, this could turn into an annual event. People might be upset, but you were right when you said that if she gives in, she will be resentful and can only blame herself. — Been in Her Shoes

**Dear Been in Her Shoes:** Setting clear boundaries from the beginning can prevent lots of fights and resentment down the line. Thank you for your great letter.

**Dear Annie:** I was a smoker when my

daughter was expecting her first child. She gently told me that if I was going to stay with them and help out, I couldn’t smoke. I quit two days before he was born, and he will be 10 years old at the end of this month. None of us could have been happier, and I am much healthier. You will never regret quitting. — Happier Nonsmoking Grandmother

**Dear Happier:** Congratulations on your newfound health. Quitting cigarettes is very challenging, and I can’t think of a better reason than to spend time with your grandchild. Imagine what you would have missed during the past 10 years. Thank you for sharing your story.

**Dear Annie:** I have two sons. One of them, “Brock,” is divorced, but you would never know it from the way he and his ex, “Sandra,” spend time together, especially around the holidays. When they were married, Brock adopted Sandra’s daughter, and they had one son together. I love Sandra, and I’m glad that she and Brock have remained not only civil but friends.

One of the reasons that Brock and Sandra got divorced was because she had poor boundaries with her friend “Amanda.” Amanda and her extended family all lived with Brock and Sandra. Amanda has several grown children, two granddaughters who are in middle

school and an infant grandson. Sandra ended up taking care of the kids a lot.

Now, my problem: Every holiday, *all* of these kids, grandkids and significant others come to my house. They eat, sit around and take up all the room. At Christmas, I buy a gift for them because I don’t want them to feel left out when my family opens their gifts. My other son and his wife, daughter and son either don’t come out (claiming he has to work) or they come out much later. Recently, this son told me that the chaos with Amanda’s family is the reason.

Amanda and her family have been coming over for years and expect the tradition. But we are talking about eight extra people at every event. I don’t have time to enjoy my real family, as everyone is so spread out. Next year, how do I stop all of these people from coming over? — Overcapacity

**Dear Overcapacity:** I’ve got a New Year’s resolution for you: Add “no” to your vocabulary. You’ve been extremely accommodating to Sandra and her guests for a long time; that doesn’t mean you can’t set boundaries now. Talk to Sandra and your son (in person, if possible, and on the phone, if not) about how you feel: You’d like more time to visit with them and their kids at Christmas, so you’d like to keep it to just family next year. Try to keep the conversation upbeat — but be firm. Know that you are not the bad guy for having boundaries. If you have any doubt, put yourself in Sandra’s shoes: How would you feel if your mother-in-law asked you to stop bringing eight extra guests to her house for the holidays?

**Dear Annie:** I recently received an inheritance from a relative who passed away, and I was quite surprised and honored. What is the best way to thank the immediate family for this generosity? I have never experienced this before and want to make sure I do the right thing. — Kevin

**Dear Kevin:** I am sorry for your loss. What a lovely surprise for your relative to have honored you with such a gift. He or she must have thought highly of you.

While it’s a nice impulse to want to express your gratitude to his or her family, matters of inheritance can be prickly and sensitive. The person to whom you really owe your thanks, the deceased relative, is no longer here, but you can still express your gratitude: by praying to him or her, by visiting his or her resting place or by donating a small amount of the inheritance toward a relevant cause, for example. Perhaps the most meaningful way to honor him or her, though, is simply to live with gratitude in your heart — which you’re already doing.

“Ask Me Anything: A Year of Advice From Dear Annie” is out now! Annie Lane’s debut book — featuring favorite columns on love, friendship, family and etiquette — is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

## SUDOKU

DIFFICULTY RATING: ★★★★★

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

12/21 © 2019 Dist. by Andrews McMeel Syndication for UPS

### PREVIOUS SOLUTION

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

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

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

### PREVIOUS SOLUTION

© 2019 Dist. by Andrews McMeel Syndication for UPS

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

DIFFICULTY RATING: ★★★★★

## SUDOKU

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

### 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.

" HMJG JG HMS NASUSNH ZO EMJUM  
J MXKS DJKSB: NASNXAS ITA HMS  
ETAGH; SVNSUH HMS ZSGH; XCB HXLS  
EMXH UTFSG." — MXCCXM XASCBH

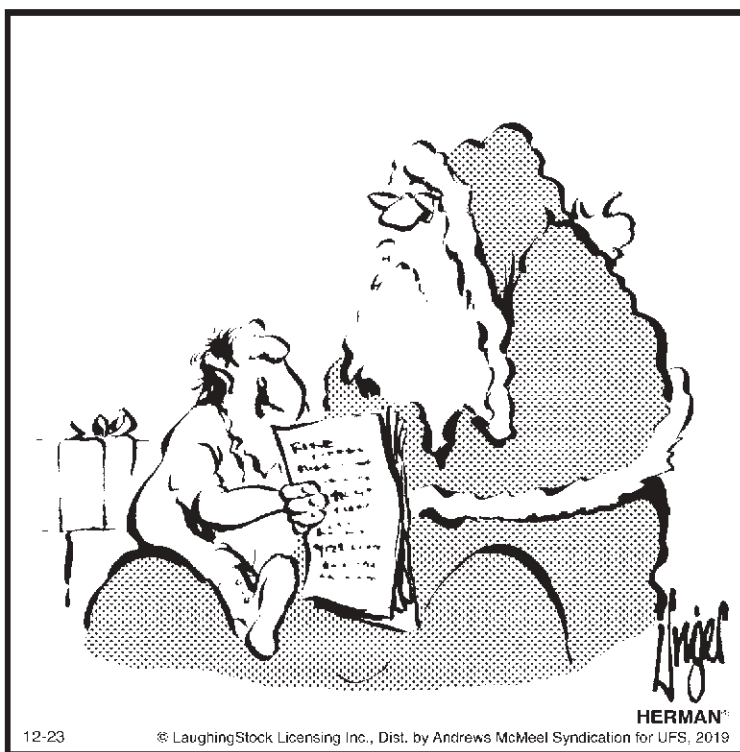
Previous Solution: "Blow, blow, thou winter wind, thou art not so unkind as man's ingratitude." — William Shakespeare

TODAY'S CLUE: *kl enbe 7*

### REALITY CHECK

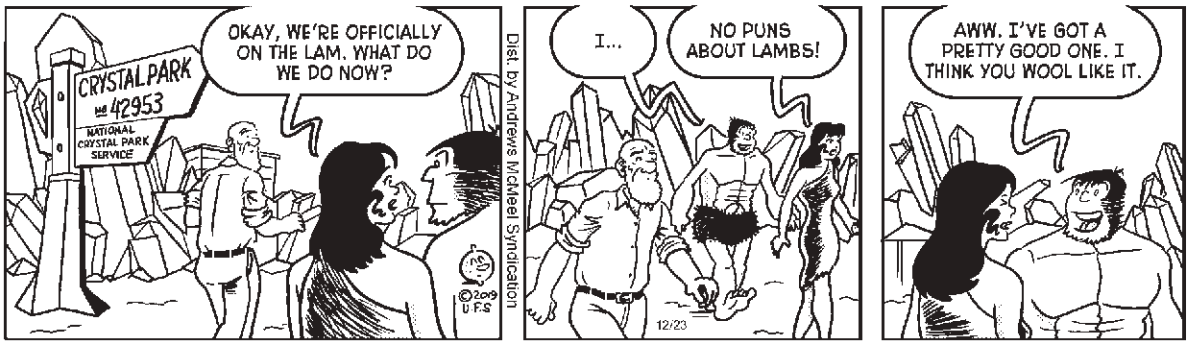


HERMAN

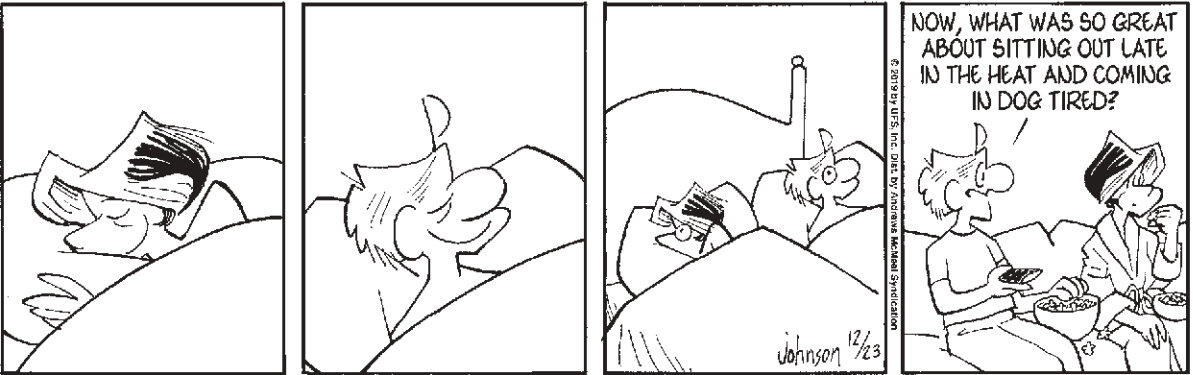


"Here, work your way through that lot and I'll go easy on you next year."

### ALLEY OOP



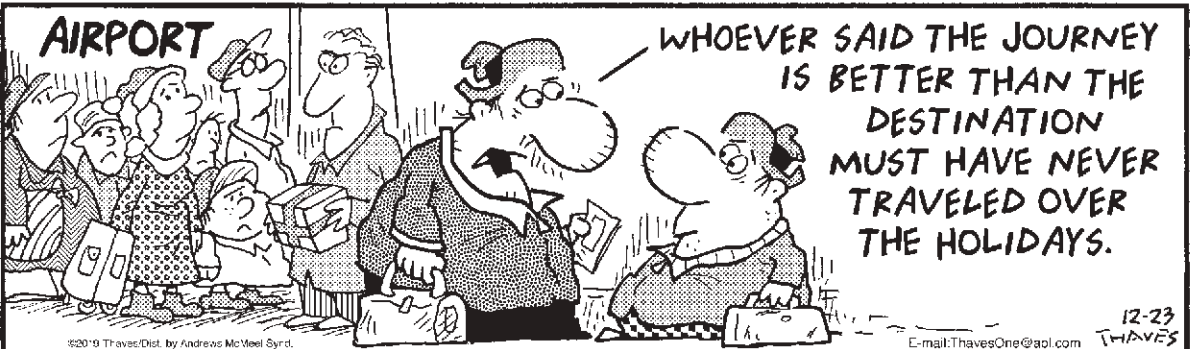
### ARLO & JANIS



### THE BORN LOSER



### FRANK AND ERNEST



### GRIZWELLS



### THATABABY



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

Check for Health Check™

## Diabetes The New EPIDEMIC



Diabetes Québec  
Information and donations:  
(514) 259.3422 or 1.800.361.3504  
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 NOON

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION  
 OR MAIL YOUR PREPAID CLASSIFIED ADS TO  
 THE RECORD, 6 MALLORY, SHERBROOKE, QUEBEC J1M 2E2

# CLASSIFIED

145 Miscellaneous Services

275 Antiques

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

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

THE RECORD  
 OUR CLASSIFIEDS GET RESULTS!  
 Call today today to place your classified ad!  
 819-569-9525  
 450-242-1188

## Sharing a family meal can help those with dementia connect

By Melissa Rayworth

Long before Tim Hollingsworth earned the James Beard Foundation's Rising Star Chef of the Year award and served as chef de cuisine at French Laundry, he was learning to cook by his mother's side at home. As a kid, Hollingsworth would measure ingredients to help his mom make dinner, and he'd talk with her and sample the dishes as they cooked.

Today, Hollingsworth - the winner of Netflix's "The Final Table" and owner of Otium in Los Angeles - returns the favour. His mother, now struggling with memory loss, sits with him as he cooks her favourite recipes, from fragrant pots of chili to comforting platters of chicken and dumplings.

Although she's not really able to participate in the cooking, being present for the preparation and eating of familiar dishes with her son helps bridge the distance that dementia can create.

When we make and share food with others, "we feel a sense of usefulness and belonging," says Sheila Molony, professor of nursing at Quinipiac University and a gerontology researcher.

If family members with dementia can be involved in meal prep or table setting even in a small way, that may give them some sense of peace and what Molony calls "at-homeness." It helps them feel like part of the social fabric of a family or community.

"Whether we're sharing a recipe or a memory about food, we're really linking into the meaning of being," Molony says. "This food ritual can help older adults with dementia reconnect with their own personhood."

For Kim Borghoff and her family, keeping a tradition of Sunday meals helped maintain a sense of normalcy as her husband and his father were simultaneously struggling with Alzheimer's disease.

Family meals have been a priority ever since the three Borgoff children - now in their 20's - were growing up. So when her father-in-law and husband were both diagnosed with Alzheimer's several years ago, Borghoff began making sure that every other Sunday, the whole family had dinner together.

"It was the best time, because everyone would sit around and for whatever reason, we were always laughing," she says. Sharing these meals with relatives helped both men regain a bit of their old personalities, even if just for a short time.

The menu didn't really matter: "I could have ordered pizza," Borghoff says. It was the familiar and comforting experience of lingering around the table together even after the plates were empty.

"When you're with the kids and you start talking about memories," she says, it's "good for the caregivers and the family to be able to get that person back and remember those times."

This fall, the Alzheimer's Association has been

spreading the word about the connecting power of mealtime through their Around the Table program. Along with Hollingsworth, they've enlisted other chefs, including Hugh Acheson, chef and owner at the Georgia restaurants 5&10 and The National, to help spread the word.

Acheson's father, a former professor, developed Alzheimer's about five years ago. Sharing meals was always a part of their relationship, but it's taken on new meaning for Hugh Acheson as his father's memory fades.

"As a single father raising four kids and a full-time academic," Acheson says, his father didn't have much time to cook gourmet meals. So Acheson doesn't cook the same dishes they had years ago.

"I'm not gonna make him the burnt rice and fish sticks that he made us, which I'm sure was delivered with love," he says. Instead, Acheson might grill a good steak and simply pair it with a fresh, green salad.

"Food is so much about finding a thread of personal history where it means something to you, and I think that's as much for the caregiver as for the person suffering through dementia or Alzheimer's," Acheson says.

A good meal made with love can draw out a person with dementia and bring them real joy, he says, "even if they've completely gotten to the point where they may not have that connection to the family story."

Ruth Drew, director of information and support services at the Alzheimer's Association, often hears from caregivers about the positive moments that can happen during meals with loved ones.

One caregiver whose husband has Alzheimer's told Drew about a weekly dinner she hosts along with another caregiver whose spouse has dementia: "They've been friends for decades and they love to get together for supper," Drew explains. At these dinners, the caregiver's husband is so comfortable that "he's able to be at his best," she says. "He holds conversations. He can crack jokes."

Drew hopes that during the holiday season, families will embrace the sometimes challenging experience of sharing meals with relatives who are dealing with dementia, and that they won't feel pressure to make everything from scratch.

If caregiving leaves little time for holiday cooking, she says, families can "do something different that is a little bit no-frills and no fuss, and focus the time and the energy on the people around the table."

Acheson agrees that the people are the priority. But he says caregivers can help themselves by making sure the meals are tasty and memorable.

"We just don't make memories over Pizza Pockets," he says. "We make memories over good food that's been cared for and means something, prepared with attention and thought and love."

(The Associated Press)

**2019 Babies!**

Proud parents, grandparents, aunts and uncles, show off your pride and joy in our "Babies of 2019" edition of The Record to be published on January 10, 2020.

Mail a colour photograph of the baby with: baby's name, birth date, parents' name, hometown and 10 words describing the little tyke, along with \$20. (taxes included), daytime phone number and a stamped, self-addressed envelope to

**The Record at 6 Mallory St.,  
 Sherbrooke, QC J1M 2E2**  
 or e-mail: classad@sherbrookerecord.com  
 with Visa or MasterCard for payment.

**Deadline: January 5, 2020.**  
 (Winners randomly chosen)

**Prizes to be won:**  
**\$50 GIFT CERTIFICATE TO**  
**provigo**  
**ROBERT LAFOND**  
**169 QUEEN ST. LENNOXVILLE**  
**819-823-0448**

THREE - 1 YEAR ONLINE SUBSCRIPTIONS TO  
**THE RECORD**

THE RECORD

**Follow The Sherbrooke Record on Facebook and Twitter!**

sherbrookerecord @recordnewspaper

# NEA Crossword Puzzle

# Your Birthday

MONDAY, DECEMBER 23, 2019

**GEMINI** (May 21-June 20) — A challenge will keep you guessing. Stay focused on love and romance, and spend time with someone who brings out the best in you.

**CANCER** (June 21-July 22) — Spread cheer by making a kind gesture. Take time to do something festive with youngsters. A shopping spree will lead to an exceptional gift for a loved one.

**LEO** (July 23-Aug. 22) — Keep your opinions to yourself and your focus on taking care of business. What you do will have a more significant influence than what you say.

**VIRGO** (Aug. 23-Sept. 22) — Your efficiency will pay off and give you a little extra time to relax and enjoy the comfort of home and loved ones. Enjoy the moment and make fond memories.

**LIBRA** (Sept. 23-Oct. 23) — Don't get wrapped up in drama or let anyone take advantage of you. Keep a level head and agree to do only what's reasonable. Choose peace and love over conflict.

**SCORPIO** (Oct. 24-Nov. 22) — A partnership may run off the rails today if you are too curt. Remember the spirit of the season and be kind and considerate. Now is not the time to start a fight.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Don't believe everything you hear, and leave nothing to chance when it comes time to make a decision. Consider the facts before you say something you will end up regretting.

Answer to Previous Puzzle

C	I	T	E		D	E	C		H	A	T	
A	R	A	B	S		E	E	L		A	G	O
W	A	G	O	N		B	O	A		R	H	O
		N	E	A	T		I	D	E	A	L	
	F	R	Y	E	R		A	M	Y			
K	O	A		R	E	A	D		E	L	L	E
O	A	R		S	A	G	A		D	I	A	L
O	M	E	N		R	A	M	P		B	B	B
L	Y	R	E		U	R	A	L		Y	E	A
		R	I	G		N	A	S	A	L		
F	R	O	D	O		I	T	C	H			
A	T	V		T	A	N		E	A	G	E	R
T	E	E		A	S	K		D	R	A	C	O
S	S	N		S	H	Y		P	L	O	T	

- ACROSS**
- 1 Zip
  - 5 Cave dweller
  - 8 Links feature
  - 12 Sultan's cousin
  - 13 Brewery product
  - 14 Pointed arch
  - 15 Deaden
  - 16 Pouch mammal
  - 18 Fishing nets
  - 20 Mine yields
  - 21 Deckhand
  - 22 — Palmas
  - 23 Bird sound
  - 26 Brawls
  - 29 Pay attention
  - 30 Time beyond measure
  - 31 Large parrot
  - 33 Get one's goat
  - 34 Port near Kilauea
  - 35 Leadership position
  - 36 Use a ladder
- DOWN**
- 1 Kind of meditation
  - 2 Flightless birds
  - 3 "The — of the Ancient Mariner"
  - 4 Flew the shuttle
  - 5 Bread pro
  - 6 Mournful wail
  - 7 Playing card
  - 8 Raspy
  - 9 Fiend

- 10 Durocher and Tolstoy
- 11 Fair hiring letters
- 17 Objectives
- 19 Snooze
- 22 Comedian Jay
- 23 Greek letter
- 24 Jealous goddess
- 25 Cartoon shrieks
- 26 Shape or form
- 27 Scraped by
- 28 Peddle
- 30 One, in Bonn
- 32 Tan or Grant
- 34 Row of bushes
- 35 Tiny villages
- 37 Easy gallop
- 38 Perm follow-up
- 40 Handles an order
- 41 Corduroy rib
- 42 Speck on a globe
- 43 Whirl
- 44 Dueler's weapon
- 45 Small coin
- 46 Actor — Danson
- 47 Sable
- 49 Paramedic's skill

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
	18				19				20			
					21				22			
23	24	25				26				27	28	
29					30					31		32
33					34					35		
	36				37					38		
					39					40		
	41	42								44	45	
46					47					48		49
50					51					52		
53					54					55		

MONDAY, DECEMBER 23, 2019

## Count losers as well as winners

By Phillip Alder

Sanford I. Weill, a former chief executive officer and chairman of Citigroup, said, "Learn how to be a loser, because it's important to be a loser to be a winner."

For a bridge player, that would read: Learn how to count losers, because it's important to limit losers to be a winner.

How does that apply in today's deal? South is in one no-trump, and West leads a fourth-highest diamond five. What should declarer do?

Nowadays, it is hard to stop in one no-trump, two-over-one game-force being so popular. In that system, South's one-no-trump response is forcing for one round. Here, North would rebid two clubs, his three-card minor with a minimum balanced opening. Then South would pass, happy to have found at least an eight-card fit. The contract would make with an overtrick for plus 110, duplicate scoring.

In one no-trump, South starts with five top tricks: two spades, one diamond and two clubs. When in no-trump, declarer often plays on the suit where he has the greatest number of cards — here, clubs. But how many losers will South have if he establishes his clubs?

He loses two hearts, four diamonds and one club — down one. Is there some-

				North	12-23-19		
				♠	A K 7 4 3		
				♥	Q 10 5		
				♦	10 6		
				♣	A 9 4		
West				East			
♠	10 5				♠	Q J 9 8	
♥	A 7 4				♥	K 8 3	
♦	K J 9 5 4				♦	Q 8 7 2	
♣	J 7 5				♣	Q 10	
						South	
						♠	6 2
						♥	J 9 6 2
						♦	A 3
						♣	K 8 6 3 2
						Dealer: North	
						Vulnerable: Both	
South	West	North	East				
		1♠	Pass				
1NT	Pass	Pass	Pass				
						Opening lead: ♦ 5	

thing better? Of course! Declarer should plug away at hearts. Then he will eventually establish seven winners via two spades, two hearts, one diamond and two clubs for plus 90. He will lose only two hearts and four diamonds. If you count winners and losers in all deals, you can count on success at the bridge table.