

75 CENTS + TAXES

PM#0040007682

TUESDAY, JANUARY 17, 2017

Classcraft levels up:

local educational software company soars in popularity

By Gordon Lambie

When Record Columnist Scott Stevenson spoke in March of 2016 with Sean Young about his educational software program Classcraft, the co founder said that there were more than 650,000 users around the world. Coming up on one year later, Young says that number is now just shy of two million.

"This was a great season, doubling over four or five months is good news for us," Young said. "We closed off June at, like, 900,000 and now we're at almost two million."

Created by Young and his Brother, Classcraft has gained popularity around the world as a tool for turning classroom management into a game with points and achievements to be earned. Teachers and parents can use the program as a platform to help encourage positive behaviours by "gamifying" the school environment.

"Classcraft isn't a video game, it's a meta-game; a game that allows you to turn your entire classroom into a game," the co-founder said. "Our premise is that most problems in school arise from the fact that kids aren't happy, and games are a really clear vector to making experiences more meaningful. Happiness comes from seeing meaning in what you're doing, so our ambition is to solve the unhappiness problem."

Based on the user numbers, it seems to Young like that mission is going well, but the co-founder said that recent market research in the United States suggests that what the company has seen this year is just the beginning.

"They're saying that the market for

CONT'D ON PAGE 3

Meals on ministerial wheels



GORDON LAMBIE

Sylvie Gilbert Fowlis, Executive Director of Lennoxville and District Community Aid, and Marie-Claude Bibeau, Member of Parliament for Compton-Stanstead and Minister for International Development and the Francophonie, delivering meals on wheels to former community aid volunteer Richard Tracy.

By Gordon Lambie

Marie-Claude Bibeau, Member of Parliament for Compton-Stanstead and Minister for International Development and the Francophonie, was out delivering meals on wheels in Lennoxville on Monday Morning. Driven from house to house by Sylvie Gilbert Fowlis, Executive Director of Lennoxville and District Com-

munity Aid, Bibeau surprised seniors throughout the community while dropping off their meals.

"They called us just before Christmas asking about the possibility," said Gilbert Fowlis, adding that the organization extends an open invitation for volunteers to help out with its services whether they are VIPs or not.

"We look for opportunities to work with the community and get to know

the people who are involved," the MP said, adding that she was struck by how many people have ongoing ties to the organization. Gilbert Fowlis took the opportunity to tell the MP not just about the meals on wheels program but also the other work of Community Aid in the region and Bibeau expressed great

CONT'D ON PAGE 4

THE
RECORD

GET A **FREE**
7 DAY TRIAL
ONLINE
SUBSCRIPTION!

Take The Record **anywhere** with you
with an online subscription!

iPads, tablets, iPhones, Android phones, laptops!

For a free 7 day trial, go to www.sherbrookerecord.com,
click on e-dition, then Free Trial and fill in the information.

For information or assistance call 819-569-9528
billing@sherbrookerecord.com



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 \$82.21.

Record subscription rates (includes Quebec taxes)

- 1 year print: \$155.91
- 6 month print: \$81.85
- 3 month print: \$41.57
- 12 month web only: \$82.21
- 1 month web only: \$7.46

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.sherbrooke.com
2. Click e-edition.
3. Complete the form and wait for an email activating your on-line subscription.

Weather



TODAY:
CLEAR

HIGH OF -2
LOW OF -5



WEDNESDAY:
60% CHANCE
OF SHOWERS

HIGH OF -1
LOW OF -3



THURSDAY:
CLOUDY

HIGH OF 1
LOW OF -4



FRIDAY:
CLOUDY

HIGH OF 2
LOW OF -5



SATURDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 2
LOW OF -6

Burns, baby, burns



DISHPAN HANDS

SHEILA QUINN

My great-great-Gran took off her shawl and wrapped it around my Gran's teddy bear. My Gran's brother was given a ball. They were leaving Scotland for Canada with their older sisters and their Mum. It was 1914. My Gran (Jean Wharry Riddoch) was eighteen months old. A story was told about Uncle George's ball bouncing overboard and him, all of four years old, on his way over the railing to fetch it from the sea. Someone grabbing him and pulling him back, as he protested. My great-aunts Maud and Sues (yes, Sues - I never remember hearing anyone calling her Susan) being twelve and ten years old respectively, and being the only siblings never to lose their Scottish accents.

And then, they were in Canada. They arrived at the dock and the older kids spotted my great-grandfather (James Riddoch), screaming 'Da! Da!' My Gran joined in, but when they finally reached him, she made strange, because she hadn't seen him for a year, and that was two-thirds of her little life. She didn't recognize her Da. He probably had to get used to how she had grown up too. My great-grandfather had taken work in East Angus, and that is where they would remain for roughly fifteen years until making a move to Bromptonville, where my grandparents met, fell in love 'shacked up for nine years' as my grandfather used to refer to their long courtship (and no, they didn't shack up, my grandfather just really used to love to get my Gran's goat...and get it he did) before marrying in 1936 and raising three kids, eventually settling in Richmond.

We spent a lot of time with our grand-

parents. Probably as much as many Townships kids, and more than others...overall probably more than most. So, we heard the stories over and over again, and now I'm so glad we did.

I knew that old piece of shawl, that had been kept in the steamer trunk that served as a bedside table. It was just a small section remaining, brown and tattered. So, when the house was emptied after Bamps died and Gran was settled into the Wales Home, and I didn't think of letting someone know, it was thrown away, unidentifiable unless you knew what it was - the last piece of my great-great-Gran's shawl, that had been wrapped around Gran's teddy bear.

The time at my grandparents' is probably a big part of how I'm a nostalgia addict. I mourn that I wasn't there to identify that scrap of fabric, yet we can't hang onto everything. I'm glad I got to see it in Gran's hands as she told me what it was. It was Scotland, in a piece of fabric, somehow Glasgow was contained there. She called it 'the old country'. That expression has faded away in our family, but I imagine many recent immigrant families have terms that their children hear today much like that. Fond words for a home country they may never return to visit again.

With the Quinn side of the family proudly descended of the Irish, and with the community of Richmond being conditioned to the upholding of St. Patrick's day celebrations, most of our family heritage pride was shown then...because the festivities were well-established and thriving.

The Scottish heritage we celebrated every day, essentially, in the stories and my Gran's love of the bagpipes and who doesn't love a great tartan, or Scotch for that matter? Stories often came up at 4:00 tea when the world seemed to sort of stop and social time took place with our Great Auntie Maureen (and great she is) and our Auntie Helen, our Gran's best friends.

On Mum's side, wouldn't you know it, a great-grandmother was an Urquhart - a proud clan whose motto is Meane Weil, Speake Weil, Doe Weil, surrounding the family crest featuring a fierce, dark-haired topless maiden. I learned more about her when I read the myth of the mermaid associated with Clan Urquhart.

From www.clanurquhart.com - Stories

and Myths - written by Jennifer McCorkell, based on clan legends:

'There is said to be a mermaid, of enchanting beauty who graces the Black Isle with song and voice no mortal can match. Many men have seen her, but only the most resolved or most foolhardy will dare to approach her. It is said that if you can catch her, to gain her freedom she will grant you three wishes.... but if you fail to hold her fast to the shore, she will drag you down to the secret depths from which no man has returned. You might think this an easy task, but do not be fooled for she has the magical strength of five men. Therefore, be warned by the wisdom of ages to trifle not with the beautiful creature, but be content to listen to her song.'

She meant business! Talk about a fierce family mythical beast to be proud of, never mind the fact that Urquhart Castle happens to be the home of all Nessie research...right on the shores of Loch Ness. (Mum refers to it as our ancestral castle. I'm looking forward to a visit one day.) On top of that (pun intended) she wasn't simply a brave topless Scottish lass of old, she was a mermaid!

Regarding celebrating Scottish heritage, over the years I had heard about Robbie Burns Day, and in recent years friends began celebrating with a traditional Burns Nicht (night) in recognition of Scotland's beloved poet (1759 - 1796), involving sharing Burns's works, a plate of haggis and a wee nip of whiskey on his birthday, January 25th.

This year, the Richmond County Historical Society put together a special soirée in celebration, planned for this Saturday, January 21st, and swiftly the seventy tickets allocated to the event were sold. As luck would have it, I learned early enough about the gathering, and reserved a few tickets.

Contemplating the event, and the handsome gent who would be accompanying me though, my usual wardrobe contemplation before attending event took a bigger twist.

'Maybe I should look into buying a kilt,' he said.

I'm sure I was wide-eyed.

SEE TOMORROW'S EDITION OF THE RECORD For more on the Townships' own kilted plumber, and the discovery of The Kilt Society!

Follow The Sherbrooke Record on Facebook and Twitter!

[sherbrooke.com](https://www.facebook.com/sherbrooke.com) [@recordnewspaper](https://twitter.com/recordnewspaper)

Ben by Daniel Shelton



LOCAL NEWS

"The Prime Minister wants to hear from you about how you are feeling as we enter the new year," the invitation says.

Come meet the PM

By Matthew McCully

This evening between 7-8 p.m. Prime Minister Justin Trudeau will host a 'regional town hall' gathering at the Sherbrooke Armoury facility, located at 64 Belvedere South.

The event is part of a cross-country tour organized by the PMO to connect with Canadians and engage with them at home in their communities.

"The Prime Minister wants to hear from you about how you are feeling as we enter the new year," the invitation

says.

Information regarding the event is available on Compton-Stanstead MP Marie-Claude Bibeau's website.

Doors will open at 5:30 p.m. and the discussion will take place from 7-8 p.m.

Anyone wishing to attend and share

their thoughts with the Prime Minister must RSVP through the invitation on the website

mcbibeau.liberal.ca/en/events/#64453.

The event is first come, first served.

Governments commit over \$400 million to social housing

Record Staff
SHERBROOKE

The federal and provincial governments yesterday announced investments of more than \$400 million over two years to provide Quebecers greater access to affordable social housing.

These investments will help improve access to affordable social housing for households in need, particularly by supporting the creation and renovation of housing for seniors and victims of family violence and through addressing repairs

of existing social housing. The governments of Canada and Quebec are working together on the implementation of this agreement.

Under the two-year agreement, \$286 million will be committed by the Government of Canada and \$121 million by the Government of Quebec.

"Our Government is committed to investing in affordable housing, strengthening our communities and helping to create jobs and grow the middle class and those working hard to join it," says Minister for Families Children and Social Development, Jean-Yves Duclos. "We are

providing better places for families, seniors and individuals to live and building a strong foundation for a sustainable economic future."

The new two-year funding includes: \$48.4 million to support the construction, repair and adaptation of affordable housing for seniors; \$22.2 million for shelters and transition houses for victims of family violence; \$94.5 million for repairs as social housing units age and to improve efficiency and reduce energy and water use; and \$242.4 million as part of the commitment to double current funding levels under the IAH Agree-

ment to increase the supply of affordable housing in Quebec. Specific projects to be supported by the funds will be chosen by the government of Quebec.

Investments in Affordable Housing in Canada

Measures over the next two years will double current Investments in Affordable Housing (IAH) funding levels by federal, provincial, and territorial governments to more than \$1 billion over two years (2016-2017 and 2017-2018).

(Part of this funding will be delivered through Indigenous and Northern Affairs Canada (INAC).

Mt. Orford offers free skiing day to MRC residents

Record Staff
SHERBROOKE

Residents of the Memphrémagog MRC have been invited to a day of free skiing at the Mont Orford ski resort on Sunday, January 29.

To qualify, skiers must present themselves at the ticket office with a photo ID

and a proof of residence with a civic address in one of the municipalities of the MRC, such as a citizen's card, driver's license, electricity bill, or any other service provider.

For more information, contact the ski resort's customer service at 819 843-6548 ext. 8308.

Self-serving burger cook nabbed

Record Staff
SHERBROOKE

Sometimes, you just have to eat.

At around 2:30 a.m. Sunday morning, a 22-year-old from St-Bruno-de-Montarville was waiting at the McDonald's restaurant on Merry St. South in Magog

when he decided to make himself a burger and jumped the counter to do so.

When the police arrived, the man fled outside but fell and injured his knee. He finally agreed to pay for his hamburger and was given a citation for leaving without paying. He subsequently had to be taken to the hospital for stitches."

Classcraft

CONT'D FROM PAGE 1

educational games is going to grow 66 per cent year over year for the next five years. It's going to be ten times bigger in five years than it is now," Young said, pointing out that the researchers cited Classcraft as one of the leaders in the field right now. "We're just at the cusp of something. We've got all this growth but actually it feels just like the beginning of the next step. We'll see where it all leads, but it's a pretty exciting time."

Though what happens in the future remains to be seen, Young said that the

growth in 2016 lead to the addition of four more jobs to the company as a whole.

"We're now 15," the co-founder said, "and those are all jobs in Sherbrooke, so that's kind of nice for the region."

Young said that there is a real opportunity for the concept of Classcraft to keep expanding in the coming years, particularly by reaching outside of the main concept of classroom management toward gamified educational content. Much like in the existing model, the co-founder said that the company wouldn't be designing the educational materials,

but instead would offer the platform through which teachers could tie teaching goals to in-game accomplishments.

High user numbers are not the only achievement unlocked by the Classcraft team this year. Young pointed out that they were invited to the White House last year for consultations on the future of education not once but four times last year.

"It was pretty impressive the first time, but the fourth time we kind of got used to it," he said.

Asked about the outcomes of using Classcraft in the classroom, Young said

that the company is working with several universities and research firms to build a body of knowledge about educational results and behavioural profiles. He made particular note of a US-based pilot project currently underway.

"They're running Classcraft across the state, so we're going to be able to do some before and after kinds of studies using their administrative data," Young said, calling 2016 a milestone year for the company.

Follow The Sherbrooke Record on Facebook and Twitter!

 sherbrooke.com  @recordnewspaper

Death threats uttered in Rock-Forest

Record Staff
SHERBROOKE

A 22-year-old man was arrested early Monday for uttering death threats against a friend of his ex-wife. The

suspect allegedly pointed a shotgun at the man's face in a parking lot outside residential building on President-Kennedy St. in Rock Forest around 2:00 a.m. Police erected a security perimeter

and the man was arrested around 4:20. The suspect, who has no previous record, appeared Monday at the courthouse in Sherbrooke to be charged with uttering death threats, armed assault,

shooting a firearm, and using a firearm with a dangerous intent.

Memphremagog West walking path could open this year

Record Staff
SHERBROOKE

A proposed 130-km walking path along the western shore of Lake Memphremagog could be set up by as early as this summer, according to the president of Action Memphré-Ouest, the organization overseeing the project.

Lisette Maillé, who is also Mayor of the Municipality of Austin, told Le Reflet du Lac that one of the main objectives is

to highlight the cultural and religious heritage of the municipalities located in the western part of the Memphremagog MRC. The as-yet unnamed route will link Austin, East Bolton, Eastman, Potton, Saint-Étienne-de-Bolton, and South Stukely. "This is a project we've had in mind for a long time and which will bring the six municipalities together." Orford Township has also expressed interest in the project and a loop will be arranged to connect it with the trail.

Eventually, the trail could reach Ch. Saint-Rémi, an 800-kilometer route from Saint-Adrien-de-Ham in the MRC des Sources, to Sainte-Florence in the Matapédia valley, in the Bas-Saint-Laurent region.

Secondary gravel roads were favored for this journey, which will likely begin at the Saint-Benoît-du-Lac Abbey and probably be the starting and ending point. Maillé explained that using the roads would make the project easier to

achieve than a separate trail.

The route will be partitioned into 12 stages that can be traveled over a period of seven days or more, depending on the walkers. Its difficulty will be low, ranging from easy to intermediate.

The project, which will evolve over time, will require investments of \$60,000, of which the Memphremagog MRC will contribute a total of \$40,000.

Four years for driving, drugs, and weapons

Record Staff
SHERBROOKE

A Scotstown resident will be heading to prison for the next four years after an intoxicated Canada Day celebration led to drug and weapons charges.

Éric Côté, 40 was sentenced Thursday by Quebec Court Judge Conrad Chapdelaine for his actions in Bury on July 3, 2016.

Côté acknowledged admitted danger-

ous driving, fleeing police, possession of a prohibited weapon, and cannabis production. He was arrested by Sûreté du Québec officers during the festivities surrounding Canada Day in Bury.

In an advanced state of intoxication, Côté told police that he would refrain from driving his vehicle, but when police returned, they noticed his vehicle was no longer in the parking lot.

They proceeded to visit Côté's home in Scotstown to see if he was there. On the

way, they crossed paths with Côté's vehicle with him behind the wheel and began to chase him.

Côté made several dangerous moves, crossed intersections without stopping at mandatory stops and drove over private property abandoning his vehicle in a parking lot and fleeing on foot.

The officers then made a routine check of the vehicle and found a pistol and ammunition nearby.

The SQ located Côté the next morning

sitting at picnic table and, armed with a search warrant, searched his residence on Albert St. and found more ammunition, 32 cannabis plants, and cannabis in bulk.

Côté has been detained since his arrest last July and pre-trial detention will be deducted from the sentence to be imposed on February 13. The judge agreed to postpone his decision on humanitarian grounds following a joint suggestion by the defense Crown.

Federal money for Asbestos water treatment improvements

Record Staff
SHERBROOKE

Mégantic-Compton MP and Minister of International Development, has announced a Canada Economic Development contribution of up to \$1,872,000 to the City of Asbestos for a project to consolidate municipal water infrastructure in the city's indus-

trial park. The improvements will enable the city to improve its ability to attract and retain businesses and their investments. The work involves increasing bio-food sector wastewater treatment capacity and the capacity of the water system that serves the industrial park.

Water treatment plants, sewers and water mains ensure clean water. And can

revitalize the economy, stimulate sustainable growth, and strengthen the middle class.

The non-repayable contribution is granted under the Canadian Initiative for the Economic Diversification of Communities Reliant on Chrysotile. More specifically, the funding covers site work (e.g. preparation of plans, surveying, soil

testing and environmental audits), as well as construction of the main and the branch lines required to serve businesses.

CED is one of six regional development agencies under the responsibility of the Minister for Innovation, Science and Economic Development, Navdeep Bains.

Meals on ministerial wheels

CONT'D FROM PAGE 1

surprise at the variety of services available.

"I didn't know how much you were doing," the MP said. "I'm really glad to have to opportunity to learn more."

Bibeau explained that she was taking advantage of the time before having to return to Ottawa to work on getting to know the community in different ways.

During the holiday season, she and her husband, Sherbrooke Mayor Bernard Sévigny, also volunteered for the ride service Nez-Rouge.

"It's nice for her to take the time," Gilbert Fowlis said. "Some people would say there's a political reason behind it, but at the same time we don't often get visits. We're a small organization."

Tonight Bibeau and the city of Sherbrooke will play host to Prime Minister

Justin Trudeau as a part of his national town hall tour at the armory of Les Fusiliers de Sherbrooke, 64 Belvidere St in Sherbrooke. According to Marc Boudreau, who works in Bibeau's office on concerns for the Haut-Saint-Francois MRC, close to 300 of the five or six hundred places available at that meeting were already spoken for yesterday morning.

"The problem is that everywhere

they've gone so far there have been too many people," Boudreau said. "They've had to turn people away."

Because of the space issue, people in the area have been asked to register their attendance in advance by filling out an online form. Those with questions can contact Bibeau's riding office at 819-347-2598.

Memphrémagog Watch Committee takes shape

Record staff
SHERBROOKE

The first meeting of the Memphremagog Watch Committee was held Wednesday, with a mission to monitor the transformations of the health network in order to protect, maintain and develop health care services that reflect the reality, culture, and needs of the region. Twenty-five interested citizens met to formally launch the committee, and an executive was appointed to follow up with the CHUSSS of Estrie - CHUS. This committee will be the tool and the communication link between the population and the health network serving it (the Ministry of Health and the CHUSSS de l'Estrie - CHUS).

During its first meeting, newly appointed president Jean-Guy Gingras reported on the meeting held on January 4 between members of the Memphrémagog Watch Committee and the CIUSSS of

the Estrie-CHUS, during which CIUSSS de l'Estrie - CHUS Associate Director-General Johanne Turgeon met with Committee chair Jean-Guy Gingras, Magog Mayor Vicki May Hamm, and municipal councillor Nathalie Bélanger to discuss concerns and questions currently circulating as well as the establishment of the Memphremagog Watch Committee.

Representatives were satisfied with the meeting and the openness demonstrated by the CIUSSS de l'Estrie-CHUS. "Ms. Turgeon has shown a frank willingness to work with the committee to facilitate the transfer of information between the decision-makers of the organization and the people of the Memphremagog region," declared Committee Chair Jean-Guy Gingras. Another meeting should be held shortly with senior management of the CIUSSS de l'Estrie-CHUS in order to follow up.

The members of the Committee,

while satisfied with the meeting recalled the various new concerns arising from a survey conducted on the Committee's Facebook page and the President intends to follow up. "We did an initial survey on Facebook in order to consult people and invite them to reflect because if it is very good to stand up and say that we are worried, we must also stand when we are asked what we want and what we are willing to do to make it happen," Gingras said.

In this sense, the committee will have the responsibility to mobilize the community so that there is a real exchange and that the subjects discussed with the CIUSSS of the Estrie - CHUS are fully representative of the reality in Memphrémagog.

Protecting, maintaining, and developing the vision of our health care facility cannot come from the committee alone. According to Mayor Hamm, "Peo-

ple will have to participate and nurture the committee's ideas. We will hold various consultations to work together to define realistically and actively the future of our hospital."

Anyone desiring information or to follow the Committee's actions can subscribe to its Facebook page where appeals to the public and the press releases will be distributed. Those who wish to express themselves can do so at any time via messenger at the following address: m.me/12travauxmemphremagog or by e-mail: at 12travauxmemphremagog@gmail.com.

The Executive Committee, besides President Gingras, and Vice-president Hamm, consists of Secretary Pascale Gingras, Medical Community representative Mario Wilhelmy, community rep Marie-Denise Morency, and citizens' representatives Ronald Maheu, Jean-Noel Ouellet, and Robert Benoit

Injured player waits almost an hour for ambulance

Record Staff

A hockey player who broke his leg during a friendly game at the Bishop's Arena Thursday night had to wait for almost an hour before an ambulance arrived.

The player, who prefers not to be identified, collided with another player at around 10:20 p.m. and collapsed on the ice screaming.

Another player, who works as a firefighter and first responder in Montreal, immediately jumped on the ice to see to the seriously injured man.

Seeing that the leg was badly misshapen, the off-duty firefighter called for someone call 9-1-1 and immobilized it.

A first call to 9-1-1 was lodged by at 10:22 p.m. and was transferred to the Estrie Health Communication Center as is the procedure when it comes to a medical call.

According to Jean-François Pellerin, director of operations at Ambulance de l'Estrie, the call was recorded as a 'pain in an extremity,' coded 4 on a scale of 0 to 7.

Meanwhile, a Bishop's University security guard showed up with a first aid kit. Oxygen was administered to the injured person who continued to be racked with pain.

As the ambulance had not shown up, another call was lodged to 9-1-1, and then another. In total, 9-1-1 was called seven times.

The injured player was lying on the ice because bystanders did not want to risk moving him, believing that the ambulance would arrive quickly.

At approximately 10:54 p.m., 30 minutes after the initial call, the call's priority was changed to a level 3 and an ambulance was dispatched to the scene, to arrive at 11:10 p.m., almost an hour after the initial call.

At the 9-1-1 centre, staffers insist protocol was followed.

"In our protocols, a leg fracture is not a priority because it does not put the patient's life in danger," explains Santé Estrie Communications Director Luc Lapointe. "It might seem cruel, but pain is not taken into account in assessments. Open or bleeding fractures are a priority, but not displacement fractures. They hurt a lot, but you don't die.

"We changed our priority level when, during one of the following calls, we were told that the patient was having difficulty breathing, probably because of the high level of pain," he added.

By Friday night, the player had been stabilized in hospital and was operated on hospital. He was to be operated on to install screws to stabilize the leg Saturday.

Emergency rooms in the region have been busy for the last ten days and this affects ambulance response times for emergency calls.

For more than a week, 'ambulance retention' in emergency rooms has been common, meaning that ambulance attendants can't transfer their patients and have to wait until space has been freed up in the emergency room.



THE
RECORD

Weddings are milestone events and The Record is planning to compile a special section, on January 26, that captures these special moments over the decades with their various styles of wedding attire.

Whether you've been married in a recent, non-traditional ceremony or 60 years ago, please share your wedding photos with our readers.

Submit your wedding photo to win a chance to take the love of your life out to dinner!

Submit your photo, with name, date of marriage and place, along with \$10. (taxes included) to the address or email listed below. We accept visa or mastercard for payment.

You will receive a chance to win a \$100 gift certificate to the historical Auberge Lakeview Inn, Knowlton.

Deadline for submission: January 20, 2017.

Info: 819-569-9525

AUBERGE
LAKEVIEW
INN

50 Victoria Street
Lac-Brome (Knowlton)
(Québec) J0E 1V0
(450) 243-6183
aubergelakeviewinn.com

classad@sherbrookerecord.com • 6 Mallory, Sherbrooke, QC J1M 2E2

EDITORIAL

3) "We must stabilize population. This will be possible only if all nations recognize that it requires improved social and economic conditions, and the adoption of effective, voluntary family planning."

SCIENCE MATTERS

It's time to heed warnings about humanity's collision course

By David Suzuki

The longer we delay addressing environmental problems, the more difficult it will be to resolve them. Although we've known about climate change and its potential impacts for a long time, and we're seeing those impacts worsen daily, our political representatives are still approving and promoting fossil fuel infrastructure as if we had all the time in the world to slow global warming.

We can't say we weren't warned. In 1992, a majority of living Nobel prize-winners and more than 1,700 leading scientists worldwide signed a remarkable document called "World Scientists' Warning to Humanity".

It begins, "Human beings and the natural world are on a collision course. Human activities inflict harsh and often irreversible damage on the environment and on critical resources. If not checked, many of our current practices put at serious risk the future that we wish for human society and the plant and animal kingdoms, and may so alter the living world that we will be unable to sustain life in the manner that we know. Fundamental changes are urgent if we are to avoid the collision our present course will bring about."

It then outlines critical areas where the collision was and is still occurring: the atmosphere, water resources, oceans, soil, forests, species extinction and overpopulation. In the 25 years since it was published, the problems have worsened.

The document grows bleak: "No more than one or a few decades remain before the chance to avert the threats we now confront will be lost and the prospects for humanity immeasurably diminished. We the undersigned, senior members of the world's scientific community, hereby warn all humanity of what lies ahead. A great change in our stewardship of the earth and life on it is required, if vast human misery is to be avoided and our global home on this planet is not to be irretrievably muti-

lated."

Now, as monthly and annual records for rising global average temperatures continue to break, as extreme weather events become more frequent and severe, as refugees overwhelm the capacity of nations, and as tipping points for climatic feedback loops and other phenomena are breached, the need to act is more urgent than ever.

The warning suggests five steps needed immediately. That was a generation ago. They can still help prevent the worst impacts:

1) "We must bring environmentally damaging activities under control to restore and protect the integrity of the earth's systems we depend on." It specifically mentions reducing greenhouse gas emissions and air and water pollution. It also highlights the need to address deforestation, degradation and loss of agricultural soils and extinction of plant and animal species.

2) "We must manage resources crucial to human welfare more effectively." This one is obvious. Finite resources must be exploited much more efficiently or we'll run out.

3) "We must stabilize population. This will be possible only if all nations recognize that it requires improved social and economic conditions, and the adoption of effective, voluntary family planning."

4) "We must reduce and eventually eliminate poverty."

5) "We must ensure sexual equality, and guarantee women control over their own reproductive decisions."

The warning recognizes that we in the developed world are responsible for most global pollution and therefore must greatly reduce overconsumption while providing technical and financial aid to developing countries. This is not altruism but self-interest, because all of us share the same biosphere. Developing nations must realize environmental degradation is the greatest threat to their future, while rich nations must help them follow a different development path. The most urgent suggestion

is to develop a new ethic that encompasses our responsibility to ourselves and nature and that recognizes our dependence on Earth and its natural systems for all we need.

The document ends with a call for support from scientists, business and industrial leaders, religious heads and all the world's peoples. Like Pope Francis's groundbreaking 2015 encyclical, "Laudato Si", the "World Scientists' Warning to Humanity" was an attempt

to galvanize the world to recognize the dangerous implications of humanity's path and the urgent need for change.

Forewarned is forearmed. We can't let the lure of the almighty buck blind us. We must come together, speak up and act for the good of all humanity.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation.

Learn more at www.davidsuzuki.org.

Letters

In 2017, women stay on the offensive

DEAR EDITOR;

The year 2016 saw a troubling revival of violence and harassment against women, so many of which have admitted to being regularly targeted that we have to resume the collective path of protest. With campaigns like 'Sans oui c'est non' or 'Neither meat nor object,' women took centre stage and expressed their anger at phenomena that we had hoped were from another age. This anger as also manifested ad lib, in spontaneous social movements in which many allies took part in the cause.

The cases of aggression that multiplied in 2016, the macho speeches sharply balanced against ordinary wide-spread sexism, and the unmarked violence are all false notes that dominated discussions last year. Let us not forget that a man entered, at night, students' rooms at a Quebec City campus and sexually assaulted them; That a radio host commenting on these events compared the rape to a car theft; That it took an extraordinary dose of tenacity for the abused female victims of sexual assault in Val d'Or to finally get the Couillard government to shed light on the systemic violence of which they are victims by a commission of inquiry into the relations between Aboriginal people and certain public services in Quebec. And now, through the recent Sexuality, Security and Interactions in Academia survey, we see 37 per cent of those working or studying at university have experienced at least one form of sexual violence since their arrival within the walls of that institution.

On the side of our American neighbors, the future is not any rosier. The election of a misogynist as head of the most powerful state in the world is enough to raise incomprehension and anxiety. With his degrading remarks about women, public accusations of sexual assault, or his avowed opposition to the hard-won right to abortion, millions of Americans are already frightened of the future. They will need our solidarity and that is what we will express to them on January 21 in Montreal where a gathering has been organized, as elsewhere in the world, to give all our support to our American sisters.

The bequest of 2016 may have been to give Quebec women a more powerful voice, but to be a genuinely egalitarian society, it is necessary to combat economic inequalities on a daily basis, to reduce poverty, to eliminate wage gaps, to do everything possible to stem stereotypes and discrimination in the personal and professional spheres, and to influence living and working conditions. For example, Ontario has recently introduced a bill that allows victims of sexual and domestic violence to take time off from work. It would also require managers to be trained in violence in the workplace. Are Ontario's labour laws in the act of helping and assisting these victims? Would it not be desirable for Quebec to take inspiration from Ontario to amend its own legislation?

In 2017, we have to be feminist and to address violence against women once and for all. To achieve this, we will need all of us. It begins with the cessation of the devastation of public services by the Couillard government that has created so many negative impacts on the lives of women; By providing significant financial support to women's rights groups that perform miracles on the ground, including sexual assault centers, by raising the minimum wage to \$15 per hour, and by combating systemic discrimination in all settings. To be a feminist in 2017 means never being dissociated from all these just and legitimate causes.

VÉRONIQUE DE SÈVE,

VICE-PRESIDENT CONFEDERATION OF NATIONAL TRADE UNIONS (CSN)

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
 STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
 SERGE GAGNON CHIEF PRESSMAN (819) 569-9931

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

QUEBEC:	1 YEAR	135.60	GST 6.78	PST 13.53	TOTAL \$155.91
	6 MONTHS	71.19	3.56	7.10	\$81.85
	3 MONTHS	36.16	1.81	3.60	\$41.57

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
	1 MONTH	6.49	0.32	0.65	\$7.46

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

Local Sports

After being held to 25-points in the first half, the Gaiters offence erupted for 22-points in the third quarter to take the lead 47-45 going into the fourth frame

Gilpin's Gaiters tip-off 2017 with 2 wins

By Dylan Konecny

The Gaiters were 0-4 in their conference play coming into the new year. The turn of the calendar from 2016 to 2017 has been beneficial for the Purple and Silver who closed off their first pair of game in 2017, a home-and-home series with the Laval Rouge et Or, with two wins.

Travelling to Quebec City Friday for their first game since late November, an 81-73 loss to McGill, the Gaiters got off to a slow start falling behind 16-8 in the first quarter. In the second quarter the Gaiters outscored the Rouge et Or 17-14, to make the score 30-25 at half-time.

After being held to 25-points in the first half, the Gaiters offence erupted for 22-points in the third quarter to take the lead 47-45 going into the fourth frame.

Dave Belanger scored 11 of his team high 19-points in the third quarter while also grabbing 3-rebounds.

The fourth quarter was where Bishop's pulled away against Laval going on an 8-2 run in the fourth before clos-

ing out the game with their first win, 64-58.

"We no doubt felt good about winning Friday. Guys were happy, but understood that beating any team in our league back to back is very difficult. Our guys showed some maturity and resolve with a very business like approach and that resulted in an excellent start to the game" said head coach Rod Gilpin.

An excellent start seems almost like an understatement by the team's coach. Saturday in Mitchell Gymnasium, the Gaiters got off to a fast start finishing the first quarter up 23-9 on the Rouge et Or. The Gaiters were strong scoring on 47.6% (10-21) of shot attempts while holding Laval to 28.6% (4-14).

Bishop's never gave up the lead in the game with the closest Laval ever coming to tying was an 8-point deficit in the second quarter. By the time half-time came, Laval was down by 20-points to the Gaiters.

Bishop's largest lead was 25-points coming in the third quarter, finishing the game with a 15-point lead in an 84-

69 victory.

The Gaiters had five players with at least 10-points in the second game. Belanger led the way again with a team high 15-points, shooting 7-10 and 1-2 on free throws. Bermillo stepped up on defence causing turnovers with 8 steals against Laval over the two games.

"Jona Bermillo and Dave Belanger really stepped up this week. As our only two seniors we rely on them to provide leadership. Other guys played well, but it begins and ends with Jona and Dave."

According to Gilpin the team has stepped up their commitment to defence which has created more opportunities for the offence to contribute.

"We have not changed too much since the first four games. We did have productive practices in December and January. I believe we are defending and rebounding at a higher level now. Our players have been committed to making the effort to do that each day in practice."

The commitment showed against Laval. The Gaiters had 59-points off

turnovers in the two games while Laval had 33-points.

"To keep this momentum going we just need continue having quality practices. A couple of wins will help with this. We felt we were close in the first four games and we just have to stay the course."

After knocking off the league's second ranked team twice in back to back games, up next for the Gaiters is fifth ranked UQAM in Mitchell Gymnasium January 20th. The Citadins are coming off back to back losses to top ranked McGill, 90-59 and 71-49. When the Gaiters and Citadins first met early in the season UQAM narrowly beat the Gaiters 76-72.

The Lady Gaiters were handed two losses against the #3 nationally ranked Rouge et Or, 77-55 and 65-49. Norman's Gaiters are now 1-5 on the season heading into their matchup against UQAM who are 5-3.

Milhomme and Belanger named Provigo Robert Lafond Athletes of the Week

Submitted by Clare Webb
Sports Information Assistant

The Bishop's University Department of Athletics and Recreation is pleased to announce that Ashley Milhomme of the women's basketball team and David Belanger of the men's basketball team have been named the Provigo Robert Lafond Athletes of the Week.

Milhomme, from Repentigny, Que. had a double-double, 13 points and 11 rebounds against Laval on Saturday night in Mitchell Gym as the Gaiters fell 65-49 to the Rouge et Or. The Collège Montmorency product shot 5-20 from the floor and was 3-13 from beyond the arc in 32 minutes on the floor. On Friday night in Quebec City, the Gaiters lost 77-55 to Laval. The sophomore, guard had eight points, five rebounds and one steal.

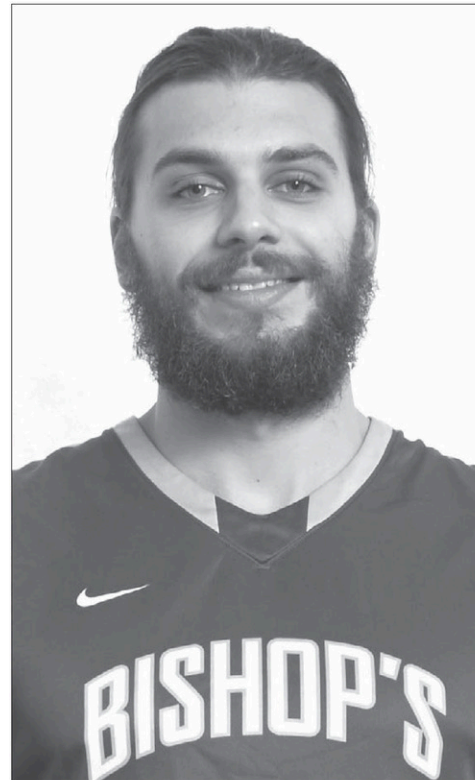
Belanger, from Sherbrooke, Que. led the Gaiters in a pair of victories to open the 2017 portion of their RSEQ University men's basketball schedule. Bishop's swept the Laval Rouge et Or in a home-and-home series. The fourth year co-cap-

tain tallied a game high 19 points on Friday night in Quebec City to pace Bishop's to a 64-58 victory. He was a stellar 8-11 from the floor, added eight rebounds and was a perfect 3-3 from the charity stripe.

In front of his hometown fans and a roaring Mitchell Gym on Saturday night in the back-end of the home-and-home Belanger again led the Gaiters. The international studies student and Champlain St-Lambert alum scored 15 points on 7-10 shooting and added nine rebounds, six of which came at the offensive end as the Gaiters cruised to an 84-69 win.

The Gaiters are next in action on Friday, Jan. 20, when they host the UQAM Citadins at 6 and 8 p.m. The game will be part of the Bell Let's Talk campaign to end the stigma around mental illness. They will then travel to Montreal on Saturday to face UQAM at home at 5 and 7 p.m.

Stay up-to-date anytime with the Bishop's Gaiters at www.gaiters.ca, or follow them on social media using @BishopsGaiters.



BISHOP'S UNIVERSITY
David Belanger of the men's basketball team



BISHOP'S UNIVERSITY
Ashley Milhomme of the women's basketball team

Diabetes The New EPIDEMIC



REACT NOW!

Diabetes Québec

Information and donations:
(514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

Datebook

TUESDAY, JANUARY 17, 2017

Today is the 17th day of 2017 and the 28th day of winter.

TODAY'S HISTORY: In 1773, Captain James Cook and his crew became the first to sail south of the Antarctic Circle.

In 1819, Simon Bolivar proclaimed Colombia a republic.

In 1917, the United States purchased the Virgin Islands from Denmark for \$25 million.

In 1946, the United Nations Security Council held its first session.

In 1991, a United States-led coalition's planes struck

targets in Kuwait and Iraq, launching the Persian Gulf War.

TODAY'S BIRTHDAYS: Benjamin Franklin (1706-1790), statesman/inventor/author; Al Capone (1899-1947), organized crime boss; Betty White (1922-), actress; Eartha Kitt (1927-2008), actress/singer; James Earl Jones (1931-), actor; Muhammad Ali (1942-2016), boxer; Andy Kaufman (1949-1984), actor/comedian; Steve Harvey (1957-), comedian/actor; Jim Carrey (1962-), actor; Michelle Obama (1964-), U.S. first lady; Kid Rock (1971-), singer-songwriter; Zooey Deschanel (1980-), actress; Dwyane Wade (1982-), basketball player.

TODAY'S FACT: The term "military-industrial com-

plex" was first used by President Dwight Eisenhower during his farewell address to the nation on this day in 1961.

TODAY'S SPORTS: In 1971, the Baltimore Colts defeated the Dallas Cowboys 16-13 in Super Bowl V, a game so filled with errors it was nicknamed the "Blunder Bowl."

TODAY'S QUOTE: "I hated every minute of it. But I said to myself, 'Suffer now, and live the rest of your life as a champion.'" — Muhammad Ali, on training

TODAY'S NUMBER: 26 — age at which gangster Al Capone became boss of the "Chicago Outfit."

TODAY'S MOON: Between full moon (Jan. 12) and last quarter moon (Jan 19).

A Formal Reception

flavoured fruit juice were available for the asking. As well, appetizers of vegetables and dip were passed out in advance of the meal.

As the crowd took up their seats in the rear dining hall, President Karl Hunting called for order and requested everyone to stand for the singing of the national anthem. Former President Harry Brown asked the blessing as White Knights waited anxiously to deliver the evening meal.

The meal started off with servings of green salad spiced with an Asiatic dressing. Entrees soon followed consisting of healthy portions of roast beef with mashed potatoes and carrots. A dessert serving of apple crumb and ice cream rounded out the meal. The dining was enhanced this evening with the placement of candle arrangements on all the tables, adding a touch of elegance.

As the dining wound down, a drawing was held for the floral arrangement with Nancy Townshend, daughter of the late Past President Meridith Barter, the lucky winner. Subsequent drawings for the evening's door prizes went to veteran members Alan Cox and Don Parsons.

Following a short anecdote from the aforementioned Mr. Cox, President Karl asked for the introduction of all the guests present. The highlight of these intros was the presence of Past President Grant Shel-

tus, along with his family. Grant who no longer lives in the Townships, took the opportunity to recall an incident during his tenure as club leader that involved a nefarious prank instigated by the Red Party.

After the usual expressions of gratitude by President Karl, Chorister Bill Lyon led the traditional sing-along, assisted by Ms. Graham on the piano. First the ladies were asked to sing a particular melody, followed by the men in kind, the two groups alternating henceforth. With some of the less known tunes, both the women and the men attempted to persevere nevertheless.

The assembled attendees then took a short break before migrating to the main hall. There they were entertained by British Columbia native Keenan Wilcox on the guitar. Mr. Wilcox performed such notable favourites as the Eagles' 'Tequila Sunrise', the traditional 'Danny Boy',

and Elvis's 'When Fools Rush In', to the delight of everyone gathered in front of the stage.

The performance concluded, President Karl thanked the current Bishop's student and extended a 'safe trip home' to the audience.

Submitted by
Steve Moore
SSSC Secretary



On the evening of January 2nd, members of the Sherbrooke Snow Shoe Club, their spouses or female companions, as well as family members and guests, gathered at the clubhouse on Prospect Street for the first event of 2017. The occasion was the President's Reception, held annually shortly after the start of the New Year. The reception is the most formal event on the club's calendar and this evening was no exception.

The 2nd had been a mostly sunny day with intermittent clouds popping up from time to time. By evening the temperature hovered around the freezing mark, making the outing a pleasant experience.

A lively crowd of nearly 90 individuals had amassed by the appointed dining hour of six o'clock. While waiting for the call to be seated, members and guests alike were entertained musically by the talents of Janice Graham on the piano. Two focal points were the old brick fireplace with its warmth and ambiance, as well as the nearby punch bowl where tasty sips of

Talk to family's doctor before moving kids to vegan diet

ASK THE DOCTORS

By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: My sister has decided to switch her entire family to a vegan diet, including her 2-year-old twins. But I'm really worried — is it possible for young children to stay healthy and get all of the nutrients that a growing body requires?

Dear Reader: Unlike a vegetarian diet, which cuts out meat, poultry and fish, the vegan approach eliminates all animal-based products. It centers instead on whole grains, legumes, nuts, seeds, fruits, vegetables and leafy greens.

Some people choose a vegan diet for health reasons, others for ethical ones. But because not all nutrients essential to human health are present in plants, vegans face special challenges to ensure that their diet is well-rounded.

A vegan diet for young children has gotten a lot of bad press recently. A mother in Pennsylvania, who fed her infant only nuts and berries in an effort to go vegan, was recently charged with child endangerment. In Italy, where a number of vegan babies wound up in the hospital with malnutrition, some lawmakers want to make a plant-based diet illegal for anyone under 16.

But these are extreme cases. Proponents of plant-based diets say the real culprit is ignorance of proper nutritional principles, not veganism itself. With care and vigilance, and with the guidance of a pediatrician or registered dietitian, a well-balanced vegan diet can provide the nutritional needs of children and adolescents.

One of the most important parts of childcare is proper nutrition and feeding. Due to their more intensive nutritional requirements, children and adolescents are more susceptible to malnutrition when following an atypical diet. With a relatively short window in childhood during which critical growth in the brain, body, skeleton and internal organs takes place, it's all too easy for a child's diet to adversely affect future growth and development.

Vitamin B-12, vitamin D, iron, zinc, calcium and essential fatty acids are key nutrients for proper development in babies and children. Getting an adequate amount of B-12, which is provided by milk and eggs in a traditional diet, and meeting the minimum requirement for iron, which is present in red meat, is of particular concern in the vegan diet.

As there are no known plant sources for vitamin B-12, and without meat to provide essential fatty acids

and other nutrients, providing a nutritional supplement, such as a multivitamin, is essential to normal growth and good health.

Another concern is that the plant-based diet is less nutrient-dense and more difficult to digest than the traditional diet. It not only takes more food to meet caloric and nutritional needs in a plant-based diet, it requires a greater amount of energy for the body to extract nutrients. Including concentrated sources of energy such as nuts and nut butters, soy products and legumes will help support appropriate growth.

If your sister does her homework, works in partnership with her primary care physician or a dietitian, makes sure the children get the full range of nutrients they need and are hitting their growth milestones, having a healthy vegan family is indeed possible.

A final thought — going vegan is a radical change. Perhaps suggest to your sister that the family do a dry run, for instance Vegan Wednesdays for a month or two? If that works, then they can expand slowly until veganism becomes a family lifestyle.

Eve Glazier, M.D., MBA, is an internist and assistant professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and primary care physician at UCLA Health.

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

LENNOXVILLE

Brunch at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Sunday, January 22 from 10:30 a.m. to 12:30 p.m. Come enjoy eggs, pancakes, bacon, sausages, ham, potatoes, baked beans and much more. All welcome. Info: 819-346-9122.

WATERVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, January 17 at the Town Hall from 10 a.m. to 11 a.m.

LENNOXVILLE

There will be 500 cards played at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, January 18 at 1:30 p.m. Everyone welcome.

RICHMOND

The Canadian Legion-Branch 15, Richmond, 235 College St. N., Richmond, will be holding our monthly Crib Tournament on Saturday, January 21 at 1 p.m.

LENNOXVILLE

Cribbage tournament to be held at the A.N.A.F. Unit #318, "The Hut", 300 St. Francis Street, Lennoxville on Saturday, January 21 to benefit the Relay for Life team "The Bravehearts". Registration is at 1:00 p.m. Everyone is welcome, come and support this worthwhile cause. Bring your own partner. Contact Colleen at 819-835-9922 for further information.

LENNOXVILLE

Lennoxville and District Community Aid is hosting an information session on the services they offer to caregivers. This will take place at 164 Queen street suite 104 on Thursday, January 19 at 5 p.m. For more information call 819-821-4779 Refreshments available.

LENNOXVILLE

January 19, St George's Church Hall, Lennoxville, 11:30 a.m. to 1 p.m. Please join us for the first Third Thursday Soup Lunch of the New Year. Your choice of three delicious homemade soups, (ham and pea, chicken noodle and a surprise), Bruno's famous cheese buns and delectable lemon bread for dessert, juice, tea and coffee. Donations welcomed to support the charitable work of the church.

STANSTEAD

15th annual Breast Cancer benefit Dart Tournament on Saturday, January 21 at the Stanstead Legion. Registration starting at 1 p.m. Games start at 2 p.m. 401 double in/double out. Bring your own partner (male/female). Door prizes. Raf-

fle. Admission charged. All welcome. For information contact Marilyn McComb 819-838-4770.

WEST BOLTON

Creek United Church, 278 Brill Road, West Bolton on Saturday January 21, 2017 at 7:00 p.m. The Original Home Child Play under the direction of Laura Teesdale. Please come and enjoy a great performance. A donation will be much appreciated. Contact May Banks 450 243 0280.

Richmond & Vicinity

The Richmond County Historical Society is organizing an Irish spoken-word event on Sunday, March 5 from 1 p.m. to 3 p.m. at the Manse, 1161 Route 243, Melbourne Township to coincide with Richmond's St. Patrick's activities. The Irish spoken-word competition is meant to celebrate the extraordinary contribution that Ireland has made to western literature while promoting literacy and cultural awareness among local youth. Interested students are asked to recite a 3-5 minute piece of selected Irish literature (prose or verse) to perform as they desire in English or in French. Guest speakers will entertain with selective readings of Great Irish authors and also serve as judges for the competition. A \$200 cash prize shall be awarded to the winner. Students are encouraged to sign up with the RCHS by calling at 819-826-1332 or by email at esdhealy@gmail.com or through the Facebook page

([facebook.com/RCHS.SHCR](https://www.facebook.com/RCHS.SHCR)) prior to the February 15 deadline. A maximum of six candidates shall be selected for the March 5 event based on their references and choice of reading.

North Hatley

Fiddler Sarah Frank and guitarist Luke Fraser of Montreal's "The Bombadils," with cellist Kaitlyn Raitz, offer a concert of Celtic, bluegrass and folk music, featuring both original and traditional tunes, in UUEstrie's wood-paneled sanctuary. Warm ambiance and refreshments. Tickets \$15. Proceeds go to UUEstrie's "Raise the roof" fund and to Jonathon Ellison's Water for Women project in Senegal. Sunday, January 22, at 7:30 p.m., at the Unitarian Universalist Church, 201 Main. Info: 819-842-4146, info@uuestrie.ca, www.uuestrie.ca, Facebook UU Estrie.

• • •

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.

A friend's behavioral changes

TUESDAY, JANUARY 17, 2017

Dear Annie: I have a friend named "Paula." At least I think she's my friend. We met in nursing school in the 1980s and have hung out ever since. But for almost a year, she's been acting odd.

We like to go out for Chinese food at least once a month. She often calls at the last minute saying she is sick or didn't get to sleep till 4 a.m. or some other excuse. It recently took her over a month to get over a stomach virus. But she was well enough during this time to go to a church retreat two hours away and meet with her sister. She said she stayed in the room a lot. Prior to this trip, she had been in the emergency room with an IV because she had gotten dehydrated.

She has a bad hip, and instead of using a walker, she uses two canes.

The most recent time we went out, we decided to shop a little. She is germaphobic and won't drink out of a water

fountain. She tried to go into the employee lounge of

the store to get a soft drink. Thank goodness the employees who stopped her were nice, and one got her a drink.

She acts so erratically at times that I wonder whether she's on drugs. If I call her, it may take a week or more before she calls back. She's been divorced three times. She won't watch one particular TV show because it reminds her of her second husband. She won't watch another show because it takes place in the city where she lived with her third husband and it reminds her of that. She doesn't like a certain country singer because the singer's name is similar to the name of a woman a boyfriend of hers left her for.

I know she's on meds for depression, but they don't seem to help. What can I do? She won't let me in her house, and I know why. I can smell the cat and dog feces from the porch. She was never like

Dear Annie

this. Please help. — A Concerned Friend

Dear Concerned: You've been friends with this woman for about 30 years, so the sudden flakiness is cause for concern about her well-being, especially in light of all the other erratic behaviors you mentioned. She may be suffering from dementia (of which hoarding is a symptom), depression or another condition, such as obsessive-compulsive disorder, which also causes hoarding. (Visit <https://iocdf.org> for more information.)

You can't handle this situation on your own. Enlist the help of her family and/or of professionals. Encourage her to seek and accept help. She is not mentally well right now, and she may not take kindly to your involvement, at least not at first. But it's the right thing to do, and she's lucky to have a friend like you.

Dear Annie: This is in response to "Nancy Across the Way," who is fed up with how the young mother across the

street yells at her kids. I am not advocating yelling, but as a mom of two young boys, I can identify with how difficult it is to be on time in the morning. Additionally, there is much involved behind closed doors, and the mom may live with mental illness in some aspect. I am married to someone who has a mood disorder, and most days are very difficult for our family. Most folks who live with this are isolated and have few friends. My advice to the neighbor is to help this mother reduce her isolation. Offer support instead of judgment. Perhaps Nancy could take her focus off the yelling by baking some cookies and giving this mom a word of support. It would speak volumes and probably make Nancy feel better, too. — In Peace and Hope

Send your questions for Annie Lane to dearannie@creators.com.

New Season of Military Whist

Thursday evening, January 12 at St. Anne's Church, Richmond, was quite an evening. Fog rolled in early and ice was everywhere! Many thanks to Peter Boisvert who came out and liberally salted and sanded the driveway so folks could arrive in safety. Some players cancelled but fourteen tables (with one dummy) braved the elements and enjoyed the Military Whist games which finally got underway.

After the lovely buffet lunch was enjoyed, prizes were awarded. First place, with 27 flags, was taken by Debbie Knowles, Joyce Mastine, Allie Vander-Wal and Lucille Hodge. Closely following with one less flag, was the table of

Sherley Provis, Shirley Beasley, Tammy Provis and Lou Joyal. Low score was proudly attained by Patsy Biggs, Ghyslaine Redburn, Collette Pageau and Raymond Fortier. Carol Boisvert had 4 kings in one hand while Jackie Ross held four 2's, for which they were awarded prizes.

Door prizes were given to Ross Davidson, John Sharman, Jim Stevens, Lucille Hodge, Helen Knowles, Melodie Pariseau, Debbie Knowles, Shirley Beasley, Gordon Irwin, Robin Converse, Loretta Irwin, Sylvia Morin, Pat Jackson, Raymond Mastine, Robert Pelletier, Matty Banfill, Ron Jones, Lou Joyal, Vera Hughes, Beverley Jones, Francis Saffin,

Judy Saffin and Joyce Mastine. Valerie Fowler left with the well-filled grocery box.

Many thanks are again extended to all those who braved the elements to enjoy the evening, those who brought food and prizes and those who helped to make the clean-up duties so much easier. The next Military Whist card party will be held on Thursday, February 9.

To reserve a table, please call Elizabeth at 819-826-6134. Hope to see you next month.

Submitted by
Loretta Irwin and Jean Storry

Bursary

The Bulwer Branch Quebec Farmers' Association is offering a Bursary to students currently enrolled in post-secondary education in the field of Agriculture or related fields, living in the area served by Bulwer Branch Quebec Farmers' Association.

Applications must be received before February 9, 2017. Contact person:

Mrs. Theda Lowry
30 High Forest
Sawyerville, QC. J0B 3A0.

CELEBRITY CIPHER

by Luis Campos

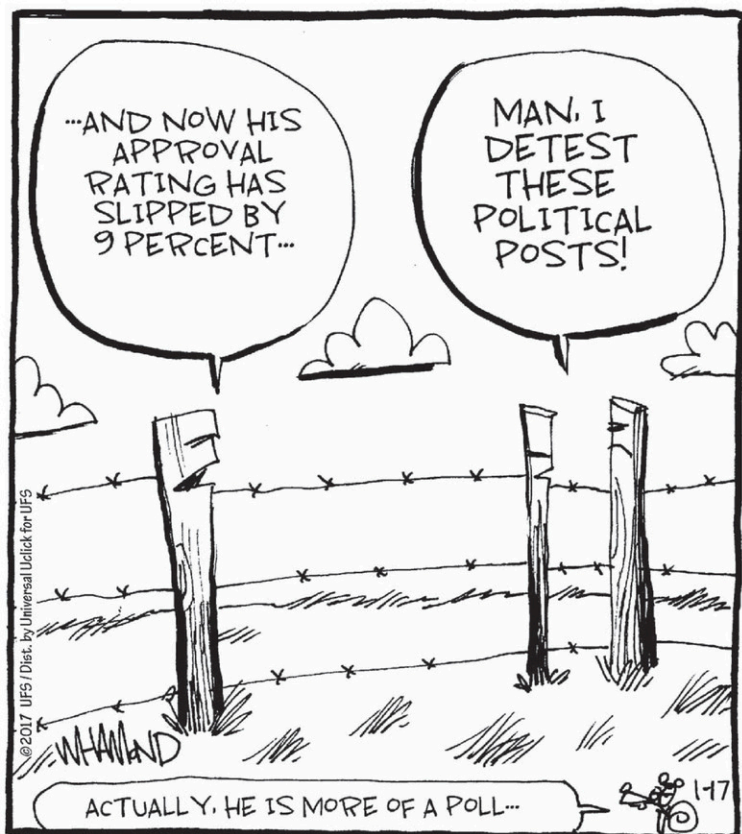
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"HMM AGSIPTSWZI IUSHG HW LHZY
ZL ZYS KLWIZPZXZPLW ZL RSSA
ZYPI KLXWZGE XWPZST." — IZSBSW
IAPSMOSGF

Previous Solution: "Our scientific power has outrun our spiritual power. We have guided missiles and misguided men." — Martin Luther King Jr.

TODAY'S CLUE: G equals F

REALITY CHECK



HERMAN



"I'd say you picked a bad time to fire your cook."

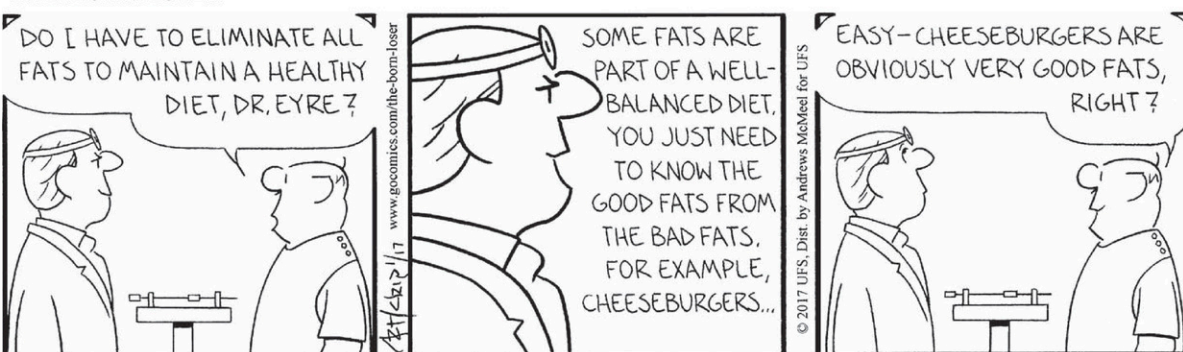
ALLEY OOP



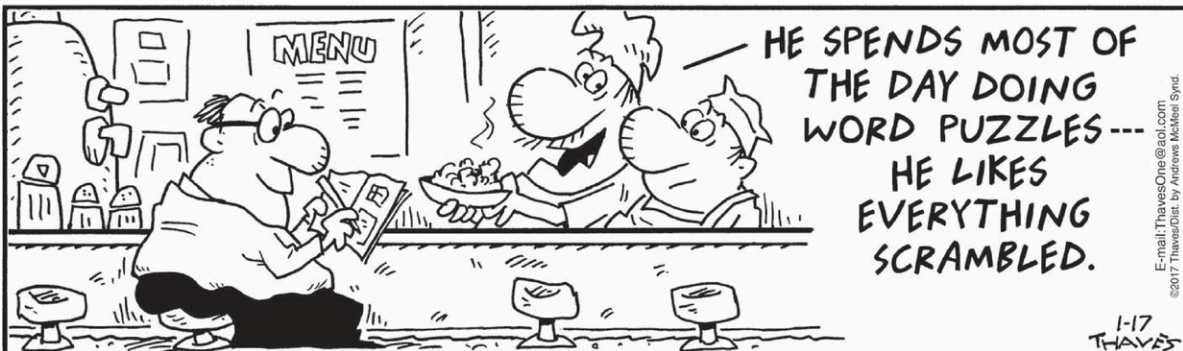
ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



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

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

REACT NOW!

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

Ayer's Cliff Fifty Plus

001 Property for Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525.** classad@sherbrookerecord.com

035 For Rent

CLASSIFIEDS ONLINE!
 www.sherbrookerecord.com

Looking to rent an apartment? Or want to rent one? Place an ad in the classifieds!
 (819) 569-9525 or (450) 242-1188

145 Miscellaneous Services

PIANO TUNING AND REPAIR. Call 819-674-1646.

Selling, buying, exchanging, offering services? Put it in our Classifieds for results!

Winter was showing it's face as always in January when weather can be unpredictable. With freezing rain in the forecast, attendance was down for the first meeting of 2017 for Ayer's Cliff Fifty Plus in Beulah United Church Hall. Thirty five members braved the roads and two guests, Jim Mackay and Barbara Carbonneau's granddaughter Olivia Carbonneau. We had three new members join this year, Leslie Bliss, Raymond and Linda Belanger. Welcome folks.

Our President Linda Grenon welcomed

everyone wishing all a Happy Healthy New Year.

Having Merrick Belknap's book in hand, Linda announced what a great interesting piece of our history and it can be purchased for \$26.00, proceeds going to Colby Curtis Museum. Anyone interested can call Kathy Curtis at the museum. Linda thanked the crew of May, Phyl, Nancy and Phil for helping her set up, Barbara and Lois for selling the half and half and Margaret Higgins for the lovely fresh flowers for our centre pieces. We were thinking of Joan Buccanan, we miss you and wish you well. Linda announced that twenty food Christmas baskets had been delivered to local families.

Then it was time for a joke, about a little girl who prayed for strangers.

A good tip is remember to write 2017 on your cheques.

Phil Kerwin asked the Blessing. Phil also stopped to give thanks to the nice man who stopped with his pick up truck to pull one of our members out of the snow bank. How nice was that? Soon we were all enjoying a delicious meal of pork stew, salad, beet pickles, coleslaw and French bread.

Then a Big Hand for David who served our meal in Cindy's absence. Good job David. The lucky winner with the sticker under her plate was Barbara Carbonneau. The winners of the half and half were Wallace Mosher, John Dawson and Barbara Smith.

Happy Birthday was sung to Leslie Bliss, Lloyd Smith, Casey Vriensendorp and Muriel Martin. The cake was made and decorated by Jean Cass, cut by May Cunnington and her helper today was Raymond Belanger serving the ice cream. Thank you Raymond. Also thank you to all those who head to the kitchen to clean up the dishes.

Door prizes were won by George Peasley, Raymond Belanger, Mary Levasseur, Ernie Wintle and Tina Whipple.

Linda announced that 500 card parties will be starting January 20th proceeds going to the Refugee Fund. Barbara Smith thanked everyone for the Get Well card sent to her last month.

A few departed early to get a head start home due to the rain going on outside, but most brave souls stayed to enjoy many games of BINGO. Reports were, it was lots of fun and those who stayed, went home with all the loot. Hope to see you all next month.

Submitted by
 Phyllis Dustin - Secretary

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

1/17

© 2017 Dist. by Universal Uclick for UFS

PREVIOUS SOLUTION

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

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



Birthday people: Casey Vriensendorp, Lloyd Smith, Leslie Bliss & Muriel Martin

TO PLACE YOUR PREPAID CLASSIFIED AD IN THE RECORD:

E-MAIL: classad@sherbrookerecord.com
 TELEPHONE: 819-569-9525
 450-242-1188

BY MAIL: Use this coupon
 IN PERSON: Come to our offices
 6 Mallory, Sherbrooke, Quebec,
 or 5B Victoria Street, Knowlton
 OFFICE HOURS:
 Sherbrooke: Monday to Friday 8:30 a.m. to 4:30 p.m.
 Knowlton: Monday to Friday 8:30 a.m. to noon
 DEADLINE: Sherbrooke: 12:30 p.m. working day previous to publication
 Knowlton: 11:30 a.m. Monday

ALL ORDERS MUST INCLUDE STREET ADDRESS AND TELEPHONE NUMBER
 THE RECORD RESERVES THE RIGHT TO REJECT OR EDIT ANY ADVERTISEMENT.

PLEASE PRINT

CATEGORY NAME _____ CATEGORY NUMBER _____

MAIL THIS COUPON TO: **The Record**
 6 Mallory
 Sherbrooke, QC J1M 2E2

COST OF ADVERTISEMENT: (Min. \$7.00) \$ 0.25¢ x _____ words x _____ days - \$ _____
 (Fri. Min. \$8.00) (multiply) x .05 GST _____
 SUBTOTAL _____
 (multiply) x .075 PST _____
 TOTAL _____

ADVERTISER'S NAME _____

ADDRESS _____

PROVINCE _____ POSTAL CODE _____

TEL () _____

PLEASE CHECK FORM OF PAYMENT:
 CHEQUE MONEY ORDER CREDIT CARD

CREDIT CARD PAYMENT:
 MASTERCARD VISA

CARD NO. _____

EXPIRATION DATE _____

Special

Take a classified ad for 6 consecutive days and we'll give you 2 consecutive days more FREE.

NO REFUNDS

Your Birthday

TUESDAY, JANUARY 17, 2017

Rethink any financial move or deal you want to make this year. Don't let impulse overrule common sense. Remembering past experiences will help you navigate your way through any uncertainty you face. A conservative approach to whatever you do will help you implement and maintain balance and stability.

CAPRICORN (Dec. 22-Jan. 19) — A sudden change should be looked at carefully, before you agree to comply or take action. Trust your instincts and take your time. Don't feel pressured by chaos or someone's impatience.

AQUARIUS (Jan. 20-Feb. 19) — Don't overreact to what others say or do. Follow your heart and make the changes that suit your needs. An opportunity to make a financial move looks promising.

PISCES (Feb. 20-March 20) — How you handle other people's affairs and questions will determine what you will be offered in return. Keep your suggestions straightforward and practical in order to reap the rewards.

ARIES (March 21-April 19) — Impulse can land you in a dangerous position. If you want to see things change, go about it the right way. Following protocol will enhance your chances of success.

TAURUS (April 20-May 20) — You'll feel passionate about your beliefs. Your ability to be articulate and knowledgeable will attract followers. Speak up and take your place as a spokesperson in order to make a difference.

GEMINI (May 21-June 20) — Explore new avenues, but don't break the bank in order to do so. Taking time out for younger or older relatives will show how you can make a difference frugally.

CANCER (June 21-July 22) — An emotional situation at home will bring about an unexpected change to your lifestyle or finances. A unique approach to handling such situations is favored. Love conquers all.

LEO (July 23-Aug. 22) — With a little extra effort, you can reach your goal. A short trip or a visit with someone informative or encouraging will give you the boost you need to forge ahead.

VIRGO (Aug. 23-Sept. 22) — Interact with people you can relate to. Make a point to share ideas. The results will be good for you as well as your associates.

LIBRA (Sept. 23-Oct. 23) — Emotions will surface, giving rise to confusion and difficulties communicating or getting your point across. Don't force issues. Go about your business and strive to reach personal goals.

SCORPIO (Oct. 24-Nov. 22) — Take on a challenge that encourages you to strive to be your best. A physical change will turn out better than anticipated. Romance is featured.

SAGITTARIUS (Nov. 23-Dec. 21) — Deception and disillusionment will be at the helm of a disruptive situation. Keep your dialogue simple, honest and reflective of the facts, and avoid making assumptions. Truth and fair play will be required.

TUESDAY, JANUARY 17, 2017

The key ruff is in the shorter hand

By Phillip Alder

Danny Thomas said, "Truth is shorter than fiction." If declarer can ruff a loser in the shorter trump hand, in truth it almost always gains an extra trick.

These North-South hands were bid by twins from England, Jason and Justin Hackett. Two clubs was natural and game-forcing. Note North's careful three-diamond rebid. Yes, he had only three-card support, but those three honors were more powerful than four low cards would have been. Five no-trump asked South to pick a slam, and Justin did well to choose the 4-3 fit.

West led a trump. South took that on the board and ran the heart queen. West won and persevered with a second trump. However, declarer won on the board, played a heart to his ace, ruffed a heart, crossed to the spade ace, drew trumps and claimed. His 12 tricks were three spades, two hearts, four diamonds, two clubs and the heart ruff.

Every other South in a six-team event played in six no-trump, but only two succeeded. Do you see how to bring home six no-trump?

This slam is against the odds. Probably most declarers hoped for a 3-3 club split, but the winning line was to lead a heart toward dummy's queen. If West took the trick, South had 12 winners. Or, if West played low, declarer, after win-

North 01-17-17			
♠ K 8 2			
♥ Q 8			
♦ A K J			
♣ A K 9 6 4			
West		East	
♠ J 9		♠ 10 7 6 5 4	
♥ K 6 4		♥ 10 9 5 2	
♦ 8 5 4 3		♦ 6 2	
♣ J 10 8 5		♣ Q 3	
South			
♠ A Q 3			
♥ A J 7 3			
♦ Q 10 9 7			
♣ 7 2			
Dealer: South			
Vulnerable: Neither			
South	West	North	East
1♦	Pass	2♣	Pass
2NT	Pass	3♦	Pass
3NT	Pass	5NT	Pass
6♦	Pass	Pass	Pass
Opening lead: ♦ 3			

ning with dummy's queen, could run his pointed-suit winners to squeeze-end-play West. The curious may work it out.

A 4-3 fit plays well when the trumps are strong and a ruff can be taken in the shorter trump hand — as in this deal.

CROSSWORD

Across

- 1 Baja vacation spot
- 5 Tree's sticky output
- 8 Neck mark from necking
- 14 Razor name
- 15 Suffix with pay
- 16 Taking the place (of)
- 17 Silly sort
- 19 Polish port where Solidarity was founded
- 20 Music producer Brian
- 21 Dueling sword
- 22 "Hannah and ___ Sisters": Woody Allen film
- 23 Formal pronouncements
- 25 Zeros
- 30 Pay with plastic
- 32 ___ of: done with
- 33 Not at home
- 34 The Judds, e.g.

- 35 Migration formation
- 36 Move in the wind
- 37 Anniversary celebration at the Met, say
- 42 Numbered musical piece
- 43 Grunting female
- 44 Slowing, on a music score: Abbr.
- 45 Little point to pick
- 46 Sick ___ dog
- 47 Spitball need
- 50 Disputed Mideast territory
- 53 R&B singer Baker
- 55 "That's all ___ wrote"
- 56 Fermented honey drink
- 58 The USA's 50
- 59 Nissan model
- 62 Infantile vocalizations, and a hint to the starts of 17-, 25-, 37- and 50-Across
- 64 Series of related emails
- 65 Luau instrument

- 18 Face adversity well
- 24 Cries of triumph
- 26 Layered cookie
- 27 Bridal attire
- 28 Avocado dip, for short
- 29 Eyelid sore
- 31 Dates one person exclusively
- 35 Ex-GIs' gp.
- 36 Lustrous fabric
- 37 Bell hit with a padded mallet
- 38 Samoan capital
- 39 Skating leap
- 40 Have a good laugh

- 41 Address for a noblewoman
- 46 Traditional Hindu retreat
- 47 Delivers a lecture
- 48 Facial expression
- 49 Postwar British prime minister
- 51 Autumn blossom
- 52 Suffuse (with)
- 54 Queried
- 57 Help with a heist
- 59 Actor Erwin
- 60 "Come again?" sounds
- 61 FDR agency
- 63 Illegal parker's risk

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

- 66 Curved molding
- 67 Fort Bragg mil. branch
- 68 Boston hrs.
- 69 Dandelion, e.g.

Down

- 1 Confined, as a bird
- 2 Not accented, as syllables
- 3 Ornamental pin
- 4 Doofus
- 5 Ivory in the tub
- 6 State without proof
- 7 Prefix with -lithic
- 8 Bogart film set in a California range
- 9 Truly
- 10 Irish county bordering Limerick
- 11 Next of ___
- 12 Wide shoe widths
- 13 Guffaw

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				27	28	29		
					30				31				32		33		
					34				35				36				
37	38	39							40				41				
42									43				44				
45									46				47		48	49	
50									51				52		53		54
									55				56		57		58
59	60	61											62			63	
64													65			66	
67													68			69	