

# Active COVID-19 cases and hospitalizations continue to decline in Quebec

Record Staff

The Province of Quebec reported 1,203 new cases of COVID-19 on Monday, bringing the total number of people infected to 254,836, with 16,428 of those currently considered active. The data also reported 43 new deaths, for a total of 9,521 deaths. The number of hospitalizations across the province decreased by six compared to the previous day, for a cumulative total of 1,321 and among these, the number of people in intensive care also decreased by two, for a total of 217.

In the Estrie Region 50 new cases were recorded on Monday alongside three new deaths; one at the Granby Hospital, one at the Les Bâisseurs private seniors' residence in Cowansville, and one at the Place Primevère residence in Waterloo. The total number of COVID-19 infections in the region since the start of the pandemic is now 10,343 with 619 cases currently active. Local hospitalizations outside of intensive care decreased to 58, five of whom are now considered recovered, but intensive care hospitalizations increased by two to 13.

Due to the well-publicized supply issues from Pfizer, progress in the province's vaccination campaign has slowed significantly, with only 1,960 doses administered across Quebec as of Monday afternoon. So far 220,715 doses have been administered across the province, 9,962 of which were in the Estrie.

# Generosity strikes again



COURTESY

Record Staff

Eager for some sweet treats, customers flocked to a mobile Queues de Castor or beaver tail food truck in Ayer's Cliff over the weekend.

The truck owner, Sylvain Ayotte, pledged 15 per cent of sales from the beaver tails to the Massawippi Valley Health Centre (MVHC).

By Sunday night, a total of \$1,700 had been raised.

The food truck spent the weekend in the parking lot of Marché Tradition, owned by Guy Patry, a long-time supporter of the health centre.

Community-owned, the not-for-profit rural cooperative delivers health care close to home in a small, bilingual setting. The centre

has doctors, nurses, and health professionals who proactively counsel on illness prevention, providing a local, easy to access supplement to regional hospitals and Emergency Rooms.

For more information on the clinic and membership, consult the website at [www.csvm.ca](http://www.csvm.ca) or telephone 819-838-1082.

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## Weather



TODAY:  
A MIX OF SUN  
AND CLOUD

HIGH OF -6  
LOW OF -10



WEDNESDAY:  
PERIODS OF  
SNOW

HIGH OF -2  
LOW OF -6



THURSDAY:  
FLURRIES

HIGH OF -3  
LOW OF -13



FRIDAY:  
A MIX OF SUN  
AND CLOUD

HIGH OF -12  
LOW OF -20



SATURDAY:  
A MIX OF SUN  
AND CLOUD

HIGH OF -9  
LOW OF -18

# To Sleep, Perchance... To Sleep



## DISHPAN HANDS

### SHEILA QUINN

“To sleep...perchance...well, just to sleep. Please. Just TO SLEEP.” – William Shakespeare, probably after his first child was born.

At least I imagine he may have said that – it could also just be attributed to exhausted people everywhere.

I was the kid who didn't sleep. Who lay awake, staring at my surroundings, eyes wide in the fuzzy night, watching shadows, light play, the closet door, listening to the sound of dishes in the sink as Mum washed them up, the hum of evening television shows, and often a book hidden under the covers, read by the hall light (that I insisted stay on, that my brother often wanted off). He was a better sleeper, and the dark helped.

My door was closer to the switch. (Sorry, Chad.)

Flash forward to parenthood. I have my first child and the precious, precious gold of sleep is suddenly something I'm acutely aware of. The brain-quenching, glimmer delivered by angels, the thing of zzzzzs, when you can't think or worry, often dreamless too, was hopelessly delicious – it was really a question of not knowing what I had...until it was gone.

With a special needs child, sleep issues unfortunately are pretty common, and in our case they certainly were/are very much a part of our lives. Afternoon naps were the bane of our existence for a while – a period where we could get things done around the house, or just to breathe and relax a little, but come bedtime, there just seemed to be no end to the energy.

Phasing naps out was complicated at daycare, as the entire place shut down for a period in the afternoon.

For a stretch the fight for bed went on for hours. We tried so many different approaches, including crying it out (while I cried into the sink washing the dishes while he cried in his bed), including lying down with him, co-sleeping, you name it. No routine or ritual seemed to work.

Thankfully an arrangement was made so that the educator who worked with our son (support for his Autism and the various challenges he had navigating the world as a result of his diagnosis) would come in the afternoon. They worked together while the rest of the place slept. Little bodies on little mats, curled up with little blankets and educators keeping watch as the place flowed with the rhythm of tiny lungs. And our son in a room apart, hopefully meaning the evening would be better.

In time, it was. The bedtime routine has never been perfect, but at some point he learned the boundaries of bedtime, staying in his bed, talking to himself in his own language, until he was snoring.

I've been sleeping with one ear open for eighteen years.

The pandemic offered an additional challenge – with fewer physical outlets to tire his high-energy needs, his beloved swimming going by the wayside, the daily walks we took were good but didn't lend enough of a release for him. Several months in, frustration resulted in challenging behaviour shifts that were increasingly challenging...and then he began wanting to sleep on the couch.

In a bid for some kind of peace, at first I relented. After some time on the couch, he would fall asleep. I began adjusting my night-time routine so that I could retire to my room/the bathroom and leave the open-concept kitchen-living room area to serve as his sleep zone for the strange times we were living.

Recently, however, it became clear that he wasn't falling asleep any more...my open ear meant I rested, but didn't sleep until sometimes 2:00 a.m., as I heard him get up, look out the window. At times, I wondered if he was watching for the Polar Express to come chugging powerfully down our street, cleaving the snow, hissing to a stop, opening a golden doorway to a magical trip to the North Pole. The challenges of not being able to

communicate never end.

Either way, he needed sleep. And so did old Mum over here.

Last week, with a return to school after a month away, I realized that the arrangement had outgrown its 'Strange Times' scenario, and that even in a world where we're still not terribly sure where we're going, routine, ritual, structure, and boundaries are an important thing for our well-being.

Thus began Sleepgate 2021. There was some heavy déjà-vu from our first years together. On the first night, I stood outside of their bedroom door, and when he emerged, hauling his bedding over his shoulder, I blocked the way, and in spite of being amply capable of steamrolling me like an offensive lineman, he leaned against me, but relented, turning with mutters and mumbles to re-settle in his bed.

This went on for most of the night.

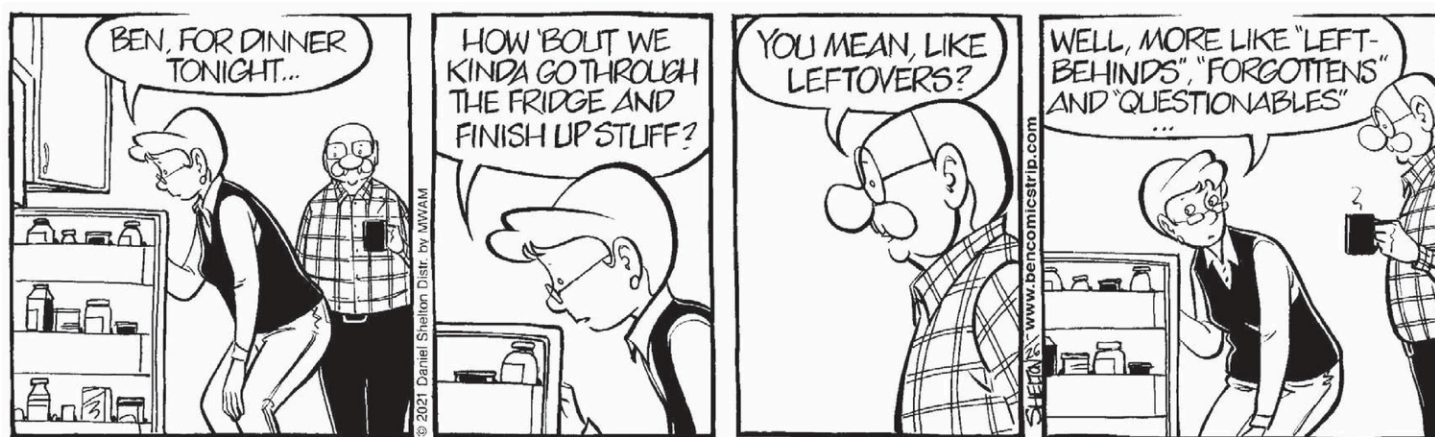
Every night I've maintained the same vigil, getting ready for bed at the same time as him, and occupying the opposite terrain of the past – making sure to get everything done in my room and the bathroom (including laundry) before getting him settled, so I can remain in the living room, reading or watching something, laying low, dozing a little if I need to, but always with that open ear.

I ordered a special calming laser light to project onto their ceiling to create a restful atmosphere. A weighted blanket sleep-aid is on its way (the pressure of weighted items, such as vests, special weighted stuffed animals and blankets can be soothing, although it is recommended to use them for short periods of time – these are proving great tools for neuro-typical people as well).

After a week, finally, after a few attempts at emerging, by 12:30 a.m. he was out.

In spite of the current upheaval of so many areas of our lives, letting the edges fray on routine, ritual, boundaries and rules are one thing, but allowing them to full-on unravel is another. A little vigilance, and well, perhaps a little coffee (thank you to the Townships' own Virgin Hill), a little determination and we can re-build some of the habits that lend themselves so well to mending what has become frayed.

## Ben by Daniel Shelton



# Local News

The young people Director General Sebastien Laberge sees at Partage St-François are typically at their breaking point. But even so, they use the facility to get their bearings and then head back out.

## Sanitary measures keep vulnerable youth away from shelters

By Michael Boriero - Local Journalism Initiative Reporter

The Auberge du cœur La Source-Soleil, a shelter for troubled and homeless youth in Sherbrooke, is witnessing a significant amount of short stays throughout the pandemic, which is hindering employees' ability to connect with guests.

The shelter holds nine available spots for people between the ages of 18 and 30 years old. According to Source-Soleil Director Amandine Vial, there are several beds available right now, but those who use the facility are staying for less than a week.

"For us to build a connection to the youth, and in order to advance in their steps, they need to trust our social workers, which takes at least two or three months," said Vial.

The shelter is like a stepping stone for young folk stuck in a difficult home situation, she explained to The Record in a phone interview. They also often carry other burdens, like struggling with drug or alcohol addictions.

Although young people aren't staying quite as long as she would like, Vial

added that the shelter's staff tries to keep tabs on everyone who walks through the building in an effort to ensure they are staying safe.

"We often know where they are going, some go to the streets, but in general they go to other resources," Vial said. "We work with them when they leave in order to make sure they don't end up on the streets."

While La Source-Soleil is a medium for youth seeking to get over tumultuous life hurdles, it's not to be mistaken for an emergency shelter. This isn't like a homeless shelter, said Partage St-François Director General Sebastien Laberge.

People need to set up appointments where a social worker will evaluate their needs, he continued. They are given a room and responsibilities to maintain throughout the house and under no circumstances are people allowed to consume drugs.

"It's a house with more of a family atmosphere. Everyone eats together, there's good food, it's clean and it's a home," said Laberge. "It's for another type of person, someone that has difficulty transitioning to adult life or struggling to find a stable job."

Laberge is on the board of directors for the youth shelter and he was the interim director last year. He said it's difficult to quantify how many young people are living in vulnerable situations because they often lose track of them for a number of years.

La Source-Soleil is perfect for people ready to shed their drug habits, but many vulnerable youth fall through the cracks because they are not prepared to ditch their old lifestyles. They usually spend years burning through their own resources before seeking help.

"They'll join a gang, they'll find an apartment, party for a few months, go to someone's house in exchange for sexual favours, deal drugs, commit crimes, or they'll find someone in their family willing to give them a second, third or fourth chance," said Laberge.

The young people he sees at Partage St-François are typically at their breaking point. But even so, they use the facility to get their bearings and then head back out. Only those dealing with severe mental health issues choose to stay longer.

He said that with all of the added sanitary rules in place due to the

pandemic, many homeless people, old and young, are avoiding emergency shelters. It's the same across Quebec, he continued, the vulnerable youth just don't want to go to shelters.

"People living in the streets are generally people who don't like rules, they're in opposition of everything, so when we tell them there are more rules, they don't want anything to do with it," said Laberge.

He opened more beds this winter than he has in previous years hoping to accommodate more people, especially with a curfew in place. But Laberge noted that there are less people using the shelter; a lot of the beds remain empty every night.

There are weeks where the shelter is only completely full for two nights, meaning there are spots available for five other nights, he said, and it has a lot to do with the new process. He needs to check for symptoms, hand out masks, and explain the rules to everyone.

"Now the process lasts until about 10 or 11 p.m.," said Laberge. "And this leads to less people coming to shelters because people would rather just sleep outside over following rules."

## Memphremagog MRC looking to support cultural projects

Record Staff

Despite the challenges facing the world of arts and culture at the moment, the Memphremagog MRC has launched a new call for projects under its Programme de soutien financier aux initiatives culturelles, which offers financial assistance to different creative projects within its territory.

"The MRC wishes to encourage those working in the cultural sector not to be discouraged by the current situation," said Michèle Turcotte, President of the

of the Memphremagog MRC's cultural committee and Mayor of Saint-Étienne-de-Bolton in a press release announcing the new call for projects. "On the contrary, we strongly believe that cultural initiatives have the potential to help people cope with this situation and also stimulate public creativity. This financial support is a great opportunity to develop original concepts that will allow us to stand out as a territory. We are counting on the artistic community, on the collaboration of municipal authorities and on volunteer commitment to achieve this."

Artists and organizations with cultural projects in mind are invited to prepare and present their proposals to the committee by Feb. 26. A sum of \$30,000 has been set aside for the chosen projects.

In 2020, 19 projects benefitted from \$61,835 in financial assistance through this program, including the mural of the Narrows Bridge that was inaugurated last July on the eastern wall of the Fitch Bay hardware store and the Trail of Children's Rights that was inaugurated in Austin in November.

The funding for the Programme

de soutien financier aux initiatives culturelles is provided through the support of Quebec's Ministry of Culture and Communications. The form for those looking to participate in the program is available on the MRC website at [www.mrcmemphremagog.com/culture](http://www.mrcmemphremagog.com/culture), and funding requests must be sent by email to Marie-Christine Perron-Marier at [mc.perron@mrcmemphremagog.com](mailto:mc.perron@mrcmemphremagog.com). Perron-Marier is also available to answer any questions that may arise about the program or application process.

## Potential hotel quarantines for returning travellers

The Canadian Press

Deputy Prime Minister Chrystia Freeland says the federal government is "looking seriously" at tougher travel measures to fight the COVID-19 pandemic, including mandatory hotel quarantines for air travellers returning from non-essential trips abroad.

Freeland's remarks build on Prime Minister Justin Trudeau's leaving the door open earlier this month to tighter restrictions, sparking questions about how a stricter isolation regime would roll out relative to other countries.

Successful pandemic repellers from South Korea to Australia and New Zealand require 14-day hotel quarantines

for passengers arriving from abroad.

Dr. Zain Chagla, an infectious disease physician at St. Joseph's hospital in Hamilton, says the move would deter leisure travel, and could include scheduled testing that allows guests who come up negative to go home earlier.

Federal data suggests only a small fraction of COVID-19 cases are linked

to travel, but there is still virtually no testing at the border and many recent cases do not have an identified source.

NDP Leader Jagmeet Singh says the government should consider mandatory hotel quarantines as well as outright bans on non-essential international travel, which Quebec Premier Francois Legault has also called for.

## New affordable housing for seniors in Weedon

Record Staff

The federal government has investment of \$2,455,395 in collaboration with the government of Quebec for the creation of 26 affordable housing units in Weedon.

This federal-provincial investment will finance Phase II of the construction of the Ruisseau Weedon Housing Co-operative, also known as the Moulin des Cèdres. The residence welcomes seniors aged 75 and over, who are self-reliant or with a slight loss of autonomy.

The project falls under the Rapid Housing Initiative, part of the National Housing Strategy. The initiative will allow for the construction of 3,000 housing units across the country for vulnerable Canadians.

"We all have the right to a safe and

affordable home. This also goes for every senior in our region. Pandemic or not, our government is always there to help Canadians in need get adequate housing," commented Compton-Stanstead MP Marie-Claude Bibeau in a statement announcing the investment.

# From routine outing to surreal experience



DIAN COHEN

Are food prices up because of COVID? Are we spending more or less because we're ordering our groceries online? How much does delivery add to the food bill? And what's the effect of ordering from Door Dash or Uber Eats? How do we factor in the time we spend standing in line or waiting for delivery? Are we better or worse off?

To start with food prices themselves, and not counting the Chilean or California strawberries you may want on a snowy Estrie January, the pandemic shifted consumer demand, caused slowdowns, closed plants and distribution centres, caused labour shortages and logistics disruptions—all of which drove up food prices. According to Canada's Food Price Report 2021, expect to pay about 5 per cent more this year than last – if you're a family of four, that's about \$700 more, unless you shop a lot differently. Meat and veg will go up the most – as much as 6.5 per cent. "While the virus will continue to impact food prices", the report notes, "those along the food-supply chain learned valued lessons and may be more adaptable to future challenges. For example, grocery retailers are investing more in their e-commerce capabilities."

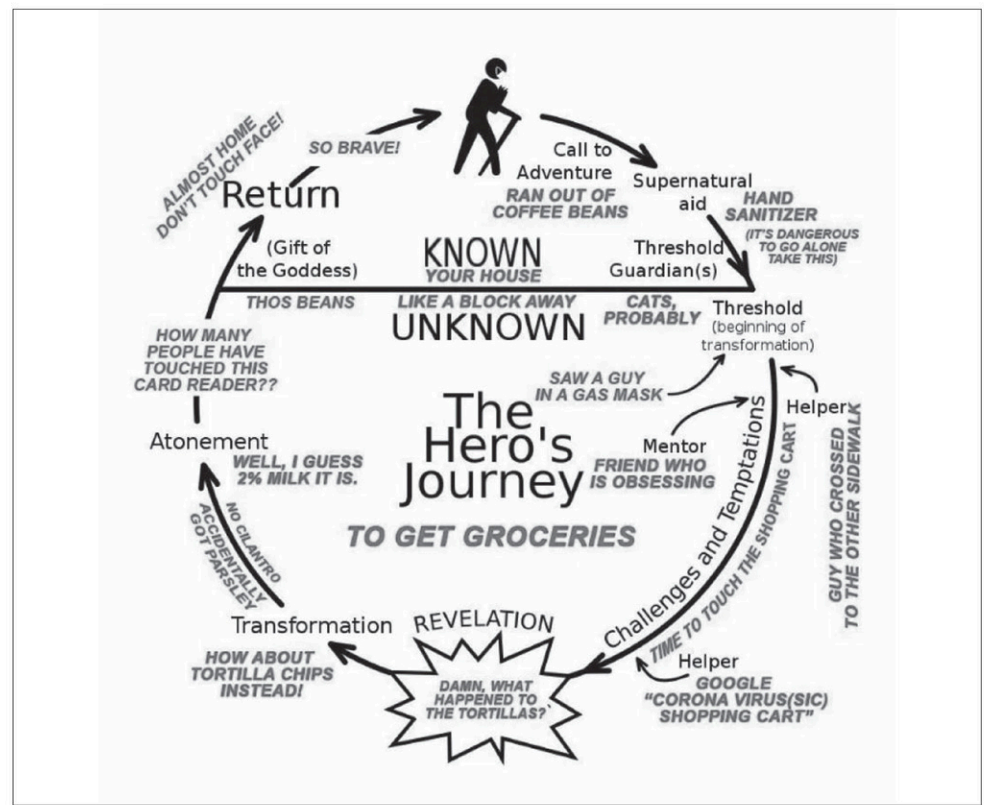
Before COVID, hardly anyone ordered food or groceries online. Now, more than 1 out of 5 of us do. It's hard to say who's paying more of the added costs involved in changing the supply chain, us or the grocers.

All grocers have some version of physical distancing markings on the floor and special sanitizing stations and special hours for seniors and extra cleaning and disinfecting. Says Sylvain Charlebois, a professor of food distribution and policy at Dalhousie University, "Increased operational costs through salaries and stepped-up cleaning measures will hit the bottom line. At a 1 to 2 per cent profit margin, grocery stores have little room to absorb increased costs."

For sure we consumers are paying part of the cost. If the grocers can't absorb the costs, they'll raise prices. There's no charge to you for shopping online and picking up your groceries, but these are hours you're not working at whatever you do to make a living. Your "opportunity cost" equals your hourly rate times the number of hours waiting around for the groceries.

Delivery is another story. IGA and Provigo both have a delivery option. Depending on the franchise, IGA will charge between zero and \$10. Plus an "assembly" fee – that is, someone in-house to do your shopping for you. Some of Provigo's stores use the Instacart app. For orders less than \$35, the associated fees are \$7.99 for 2-hour delivery window (\$9.99 for a 1-hour delivery) while for orders over \$35, the fees are \$3.99 for 2-hour delivery. Costco offers delivery, but only in Montreal, Quebec City and Gatineau. To access deliveries from Épicerie Métro, you'll need to order at least \$50 worth of groceries before taxes. You'll also have to count \$8 as a delivery fee and \$4 as an assembly fee – and I'm not sure it's available in Sherbrooke. For sure, if you're in a village or small town, you'll be lucky to have delivery from your local grocer, and it will more likely than not be free. (If you have it, treat that supplier very well.)

Aside from changes in the way we grocery shop, many of us are ordering from restaurants as well. Both Uber Eats and Door Dash are available to deliver in Sherbrooke but not in the



CREATED BY MIKE MCCUBBIN

boonies where I live. Delivery is free if you order \$15 or more, and you're expected to tip the driver \$2-4.

Sylvain Charlebois is not reluctant to venture into predictions. He says it's likely that grocers will pare down the variety of products they offer – it's way more expensive to manage 15,000 distinct products than say, 8,000 or 10,000, and who really needs to choose between 8 different brands of peanut butter?

He thinks it's possible that food retailers will invest in a system of automated micro-fulfilment centres dedicated to serving online ordering.

He sees the advantages of more consumers buying directly from farmers, signing up for subscription-type services to stock up on staples from regional suppliers and supporting niche markets in their neighbourhoods. That's certainly a sentiment you often hear in the

country. So at the end of this week's head-scratcher, only you can decide if you're better or worse off.

For myself, I'm contemplating the fact that Canada is one of the few self-sufficient nations in the world when it comes to food. We produce maybe 2 per cent of the world's food and consume maybe 1% of it. In most food categories, we import less than 20 per cent of our needs, except for fresh fruits and vegetables.

Says Diane Brisbois, CEO of the Retail Council of Canada, "Our farmers, processors, distributors and retailers haven't let us down. The availability and affordability we have is not found in many parts of the world."

Dian Cohen is an economist and a founding organizer of the Massawippi Valley Health Centre.

Cohendian560@gmail.com.

## IKEA - Lego for Adults?

By Linda Knight Seccaspina

I have a love-hate relationship with IKEA, and when I enter the store I have to walk miles through areas I have no interest in. In fact it is the only place where you can achieve your FITBIT daily goals in no time. I end up forgetting to purchase yet another box of tea lights and somehow exit the building with \$200 of things I do not need for my home. I've heard customers complain about this same issue at Costco:

"Just came for milk and eggs" and \$500 later, still no milk and eggs. Sometimes I like to stand in the IKEA parking lot and watch people try to fit everything into their small cars. Do you not want to argue with the person who wrote that anyone that cannot assemble something from IKEA should go back to kindergarten? When no text is used in assembly, instructions should be the first warning that the

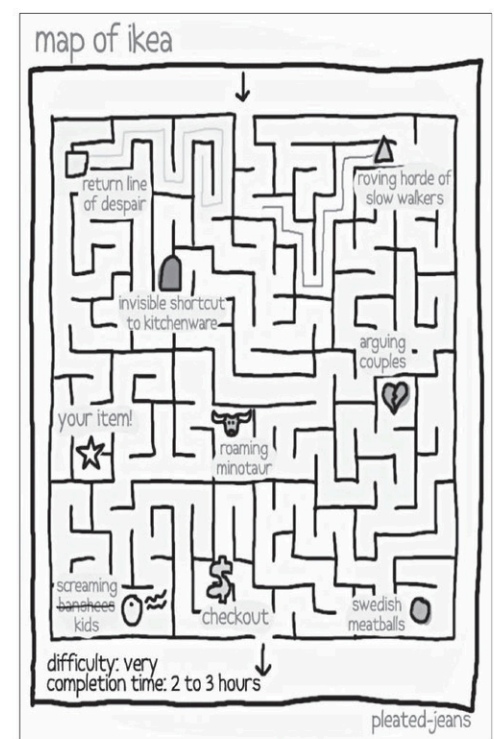
bed you just bought that morning is not going to be slept in that night.

I am sure whoever else is assembling the same product in another part of the world like Thailand is having the same dilemma. Exactly what is that little illustrated Swedish man pointing at? Are we accidentally summoning demons while trying to pronounce IKEA furniture names? A word of warning to remember is that your completed furniture is only as good as the "chosen one" who has volunteered to put it together. Welcome to IKEA, they just throw in extra parts to mess with you.

IKEA sells over 16,000 products online, of which 9,209 items are now being resold on Kijiji. Half are dresser drawers that are missing knobs which have long fallen off and been lost. Most have mislaid the instructions so you know your end result will look like something that does not look like the picture.

IKEA also started making homes in Europe in 1996 called "BoKlok". It was a move to allow first-time home buyers to have a chance at a cheaper place to live. What if the owners of one of these homes divorce? Who gets custody of the Allen wrenches? Do they share? Didn't that Allen wrench once put together the Eiffel Tower?

Really, in the end it's about who you want to share your Swedish Meatballs with at IKEA, and the ultimate purpose of going to IKEA remains just as mysterious as the little dots they put over the vowels in their names. Even IKEA realizes the struggle us mere mortals face when assembling their furniture! I would love to tell you more jokes about IKEA, but in the end the setup is too long and the final product mediocre. I mean I tried for hours but I just couldn't seem to put anything together as I am as unstable as an Ikea side table.



# Selling a home over Zoom

By Marianne Lassonde,  
Special to The Record

A friendly personality and an approachable smile are key components in making a great real-estate agent. So, when you throw on a mask and have to be firm about social distancing measures, it can really put a dent in your marketing strategy.

According to Kassidy Davey, co-owner of Agence Immobilière Lafleur Davey, the real-estate market was thrown for a loop during the pandemic and they were forced to revisit their approach, despite the growing interest in Township estates.

"We have so much demand but we don't have enough houses to sell," said Davey. "We have a huge imbalance on the market."

During the first lockdown in April, visits were limited to one or two people per household with children having to stay home. Elderly folks wishing to visit a house had to do so from the comfort of their home, which, according to Davey, can put some people off.

"People are not as willing to purchase houses if they cannot feel the 'vibe' of the house," said Davey.

But virtual visits have weened themselves into the many first steps before in-person visits. Additionally, Lafleur Davey encourages people to drive past the location to minimize in-person gathering for neighborhoods that might not fit the profile of potential buyers.

According to her, however, that did not slow down the market. In

December, there were 47 per cent less houses on sale than the previous year, with most buyers relocating to the Townships from Montreal.

"There are so few houses on sale right now, so it makes for very prepared and serious buyers," said Davey.

She added that housing in the Townships is also considerably cheaper than in Montreal and, with most people working from home, people are willing to move away from their offices.

With people crossing regions, Davey said sanitary measures were treated word-for-word. Residents were encouraged to leave their estate to prevent gatherings. As for the tours, all potential buyers were provided with personal protective equipment and asked not to touch anything.

"We are the ones that turn on the lights and open doors," said Davey. "We want to make sure we are not putting the occupants at risk."

Although masks can make house tours a little more tense for buyers, Davey said that the biggest issues real-estate agents face is trying to communicate with elderly folks or hard-of-hearing individuals who rely heavily on visual cues like smiles or reading lips.

In-person work, however, stops at house tours. Similarly to all privately-owned businesses in the Townships, real-estate agents at Agence Lafleur Davey are working from home. Davey said using Zoom has become a staple for sale pitches to limit contact as much as possible.

"During the first lockdown, [switching online] was a huge shock for



GORDON LAMBIE

everyone," said Davey.

In Sherbrooke, the real-estate market had to stop all operations until April 20 which, according to Davey, was the reason the market became so chaotic. She added they were obligated to prioritise clients in urgent need of a house and could not open up any new residences for sale.

"[The second lockdown] is a lot less restrictive," said Davey. "We are a lot

more organized this time around."

Before closing in December, all employees had been provided with computers were familiarized with their newly acquired virtual toolbox. But Davey said the team was ready for in-person return in February.

"We are all very social beings," laughed Davey. "We are keeping faith that we will be able to return to the office after Feb. 8."

## Granit Prefect to step down this fall

Record Staff

Marielle Fecteau, Prefect of the Granit MRC, has announced that she will be stepping down from her role at the end of her present mandate in November of 2021.

"I have had the opportunity to take part in many important projects for our MRC, our municipalities and our

citizens," Fecteau stated in a press release issued about her decision not to run again. "Now is the time for me to leave, to make way for the next generation. Representing you and working alongside many elected officials, members of the community, and representatives of various organizations over the past few years has been a real honor."

Having served as mayor of the

municipality of Lac-Drolet between 2006 and 2014, Fecteau's local political career will have spanned some 15 years by the time she retires, leaving a vacancy to be filled by this fall's elections.

The Granit MRC includes the municipalities of Audet, Courcelles, Frontenac, Lac-Drolet, Lac-Mégantic, Lambton, Marston, Milan, Nantes, Notre-Dame-des-Bois, Piopolis, Saint-Augustin-

de-Woburn, Sainte-Cécile-de-Whitton, Saint-Ludger, Saint-Robert-Bellarmin, Saint-Romain, Saint-Sébastien, Stornoway, Stratford, and Val Racine, and occupies the territory east of Cookshire up to the U.S. border. As in other MRCs, the role of prefect is selected from among the mayors of these communities following each municipal election.

## Sherbrooke offers up a fun-filled winter

Record Staff

To liven up the winter season, the City of Sherbrooke is offering a variety of activities including snow sculptures, illuminated walking trails and disco skating, all in compliance with current health measures.

"Once again, our services have done everything possible to offer the population activities so that they can enjoy the joys of winter and counteract the harmful effects of the pandemic. I invite the Sherbrooke population to take part, while respecting the health measures in effect," commented Sherbrooke Mayor Steve Lussier in a

press release.

Between Jan. 24 and Feb. 7, sculptures will be built on five sites, the first of which, located in Jacques-Cartier Park, will be created by artist Clôde Beaupré and his team. Other sculptures by artist Luc Pelletier will be created in Belvedere Park, André-Viger Park, Nault Park and Central Park. In each of the parks, Pelletier will be accompanied by a local artist.

In addition, Carrefour Accès Loisirs, Sherbrooke Loisirs Action, Centre Multi Loisirs Sherbrooke, Espace Loisirs Brompton, Loisirs Fleuri-Est and Loisirs Acti-Famille will offer snow sculpture contests available to the public. To participate, people will have

to create their own snow sculpture on their property and present it on the Facebook page of the organizations. Each organization has different contest rules. All the information will be available on their Facebook page as of February.

### Illuminated parks

Lighted pathways will be set up in Parc de la Rive, Victoria Park and Alguéric-Bussière Park, and will be illuminated from dusk until 7:30 p.m. in order to respect the curfew. People will be able to take advantage of these trails to admire the stars before heading home. The trails will be created by Espace Loisirs Brompton, Loisirs Fleuri-

Est, Sherbrooke Loisirs Action and Carrefour Accès Loisirs. Other courses may be added during the season.

### Disco skating

Over the next few weeks, skaters may be surprised to find their ice rink suddenly immersed in a festive musical atmosphere.

Considering the importance of not creating a gathering, this activity will be set up in secret to surprise skaters on site with a fun experience. A dozen Sherbrooke skating rinks will be visited by Sherbrooke's partner organizations, which will offer festive music and lighting.

# EDITORIAL

Previous research indicated rapid heating would continue long after we reduce emissions because gases such as CO<sub>2</sub> and methane remain in the atmosphere for many years.

## SCIENCE MATTERS

# Net zero offers affordable path to climate stability

By David Suzuki

Another year, another record. Even with a global seven per cent drop in fossil fuel burning during the pandemic, 2020 tied 2016 for the hottest year recorded, making the past decade the warmest.

The previous record in 2016 was set during an El Niño event, which contributed somewhat to rising temperatures, meaning last year was likely the hottest in terms of global heating. Average global surface temperature was 1.25 C higher than the pre-industrial average, nearing the 1.5 C aspirational target the world's nations set under the Paris Agreement five years ago. In the Arctic and northern regions, average temperature was 3 to 6 C higher.

As the world heats up, we're experiencing ever-increasing impacts, from deadly heat waves to more frequent and intense extreme weather events. Last year, the Western U.S., Siberia, Australia and parts of South America were hit with some of the biggest, most expensive wildfires on record, and studies showed climate disruption played a major role. These fires release carbon dioxide into the atmosphere and destroy important carbon sinks, driving warming even faster. Smoke and particulates also cause health problems and death.

Last year also set records for Atlantic hurricanes and tied 2018 for the most tropical cyclones.

It's dire, but there's still time to avoid the worst consequences — if we act quickly and decisively.

New research shows global average temperatures could stabilize within a couple of decades if we quickly reduce net greenhouse gas emissions to zero. Reducing emissions to "net zero" means not releasing any more than are being removed from the atmosphere. Although dramatically bringing emissions down is the critical factor, methods to remove CO<sub>2</sub> and other greenhouse gases — such as forest and

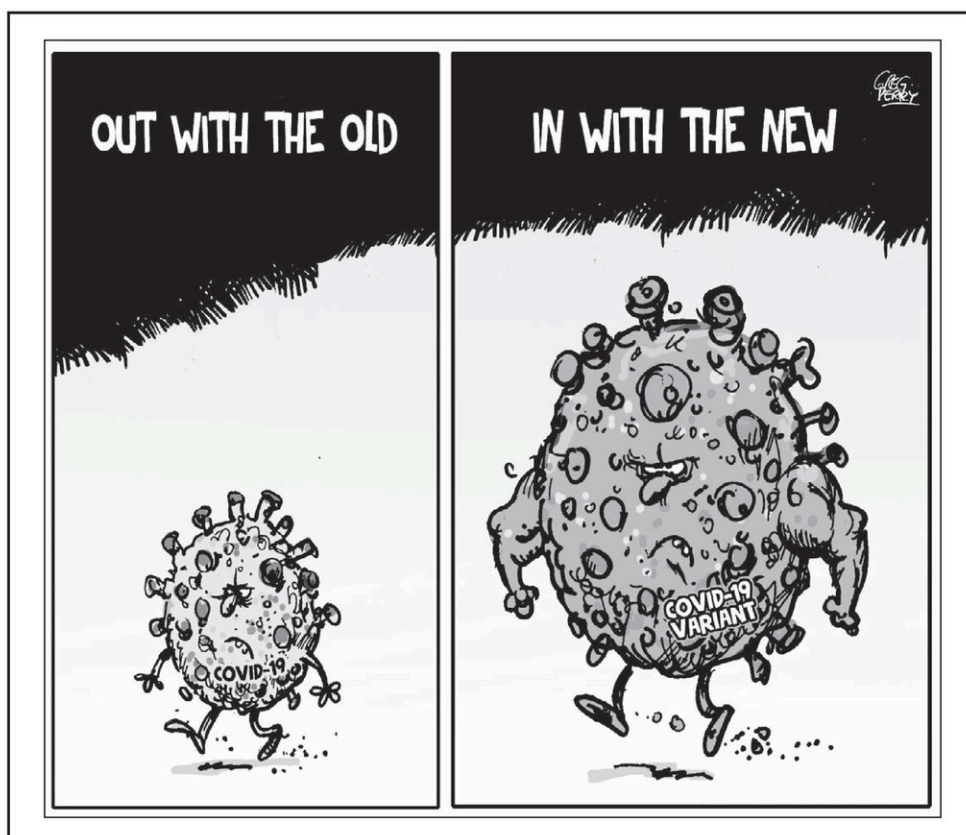
wetland protection and restoration, and carbon capture and sequestration — can balance out some released emissions.

As the UN points out, affordable methods to get to net zero exist. At the end of 2020, 126 countries representing 51 per cent of emissions had either adopted, announced or were considering net-zero goals, according to the World Economic Forum. The European Union, Japan, South Korea and the U.K. have pledged to do so by 2050, as has the incoming U.S. Biden administration. Canada has introduced legislation but must do even more.

Previous research indicated rapid heating would continue long after we reduce emissions because gases such as CO<sub>2</sub> and methane remain in the atmosphere for many years. New findings offer a hint of optimism. This is in part because as we bring emissions under control, natural systems such as oceans, wetlands and forests — and possibly technology — will remove some greenhouse gases from the atmosphere. Of course, that means we must also take better care of those natural systems. It's all interconnected.

We're not on track to meet even the aspirational target of 1.5 C warming. We've already heated to at least 1.1 C above pre-industrial levels and are heading to 2C or more. We're still looking at more heat waves, flooding, wildfires, disease spread, displacement of people and refugee crises, biodiversity loss and water shortages. But to avert even worse catastrophe, we can and must do all we can to bring it under control. We already have affordable methods to achieve net-zero emissions, and it's likely we'll continue to develop more and better solutions. Resolving the crisis will lead to a less-polluted, healthier world with greater opportunities for all.

Look at how rapidly the world has been able to deal with the COVID-19 pandemic. Not that it's under control, but vaccines have been developed in record time, and countries that have acted decisively to implement safety



measures have seen success.

And the powerful computers that most of us now carry in our pockets and purses show how quickly technology can develop.

As climate scientist Katharine Hayhoe told the Washington Post, "It's no longer a question of when the impacts of climate change will manifest themselves: They are already here and now. The only question remaining is how much worse it will get. And the answer to that question is up to us."

We must all get behind rapid and decisive climate action. Taking steps in our own lives is important, but holding governments and industry to account is crucial. There's no time to waste.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Writer and Editor Ian Hanington.

Learn more at [david Suzuki.org](http://david Suzuki.org).

## Letters

DEAR EDITOR:

I too received via Canada Post a French copy of the Epoch Times, as described in Gordon Lambie's article on Jan. 31. I must say that I was surprised by the tone of some readers' reactions that, "it was a heavily biased newspaper having articles that were against certain groups, namely the Chinese Communist Party." Why on earth would any Canadian who espouses democracy not have a bias against the CCP and its billionaires, while at the same time remain sympathetic to the Chinese people oppressed by the CCP regime?

The CCP are responsible for the destruction of Tibet and its people; they are presently doing the same to the Muslim population of Uyghur; they were responsible for the cover-up of the outbreak of the present pandemic that left other countries unprepared for its spread; they have locked up the two Michaels in squalid conditions on bogus charges in retaliation for a legal proceeding against a Chinese telecom executive who spends her time in one of two mansions in Vancouver; they have reneged on the Hong Kong Treaty and are jailing innocent people for protesting against this outrage; they threaten Taiwan with armed invasion; Ai Wei Wei, China's best known artist and civil rights advocate, lives in exile in Cambridge, UK; and the list could go on.

Quite simply, totalitarian Communist China is a threat to any democracy, and the Epoch Times merely provides a token opposition to its state-sponsored propaganda.

RONALD EWING  
ULVERTON

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. Please email your letters to [newsroom@sherbrookerecord.com](mailto:newsroom@sherbrookerecord.com). Preference is given to writers from the Eastern Townships.

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# Understanding the ‘gear head’ in your life



**ON THE HOOK**  
**ANDREW HOWARTH**

When my non-fishing friends and family ask routine questions like how many fishing rods I own, or how much I paid for a certain rod and reel, the answer never—and I mean never—fails to surprise them. Of course, my perspective on this is biased, but what might seem to others like an alarming tendency to accumulate gear is actually more like the pursuit of a better golf game. And, if things get really bad, there are some convenient solutions to angling ‘gearheadism.’

Sometimes, when trying to rationalize my possession of numerous fishing rods and reels, I find it helpful to analogize my rod and reel ‘lineup’ to a set of golf clubs. But, then again, numerous are the family members and significant others who groan about their companion’s seasonal hoarding of golf equipment. The fact is, most people are content to experience the sport of golf with nothing else but a putter, ball, and miniature windmill that are each conveniently available at a putt-putt course. Most people are also content to experience fishing on similar terms. And yet, if you can accept that the most passionate golfers find mini-putt unfulfilling on its own, you can be understanding and sympathetic toward the ‘gear head’ angler in your life.

According to the more inclusive definitions, every dedicated angler is, to some extent, a gear head. Even the anglers who express and abide by a minimalist philosophy will admit explicitly or implicitly to being captivated by a well-crafted and meticulously designed rod or reel. In golf, certain clubs are undeniably necessary for a player to stay near par, and the importance of each club is situation-dependent. In fishing, this

‘game’ typically plays out over the course of a full season, although the demands of a fishing situation can also change in just hours or minutes.

To see the golf club analogy in its most fitting application, look to professional bass fishing, where boat decks are often lined with ten or more rod and reel ‘combos.’ When fishing a river, my ‘club’ selection consists of one, two, or three options, which can be likened to a driver, five iron, and putter. For most people, two options will provide sufficient flexibility for a day of fishing, and in virtually all types of fishing, my one-two punch consists of a ‘high and fast’ and ‘low and slow’ option. On a trout river, this could mean a streamer rod and a dry fly rod, and on a bass lake, this could mean a topwater rod and a jigging rod. This approach saves time and enables an angler to fish more freely.

There are, of course, drawbacks to gear accumulation. Among other things, a true gear head will find that the financial, time, and emotional costs of managing so much equipment begin to detract from their overall enjoyment of angling. Like other things in life, fishing becomes less fun when your goal is to do everything all of the time. Lately, I’ve begun prioritizing my favourite species and techniques at the expense of other more trivial pursuits, and this has reduced my tendency to accumulate gear. These priorities also enable me to regroup and reflect more often, and put forth a better effort when it does come time to pursue my favourite species. The benefits of becoming a ‘specialist’ are both tangible, and intangible.

Take a closer look at any icon in the world of fishing, and you’ll probably find that they—perhaps more than anybody—are THE specialist in a particular domain. Legends like Roland Martin and the late Lee Wulff seem inextricably linked to species such as largemouth bass and Atlantic salmon, and techniques like patterning and dry fly fishing. Despite never having met either of them, I think that both Lee and Roland—different as their respective legacies may be—probably shared the singular focus and passion for their preferred quarry that enables one to reach a pinnacle of expertise. Material and immaterial simplicity are probably also benefits of this. Evidently, there’s some utility to the specialist mindset, and just maybe something serene about it too.



COURTESY

Most anglers have no hope of achieving mastery like a Lee Wulff or Rolan Martin, but we can dedicate ourselves to the techniques, species, and fisheries that truly drive us.

## The time when Eric shouldn't have had friends over for drinks.

Every exception puts lives at risk.

Follow all the health guidelines. All the time. No exceptions.

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Votre gouvernement Québec

**Death**

**Linda BUZZELL**

**August 21, 1946–January 17, 2021**

Passed away on January 17, 2021 in her seventy-fifth year, resident of Cowansville, daughter of the late William Buzzell and Marguerite Hopps. Linda is predeceased by her beloved husband and best friend Arthur 'Bill' Todd. She is survived by her sister, Janice Allen and her brothers Wayne (recently deceased) and Douglas Buzzell, her daughters, grandchildren, great-grandchildren, nephews and nieces. Fondly remembered by family and friends. In keeping with Linda's wishes, a private committal service will take place at a later date at Riverside Cemetery, Brigham, Quebec. A special thank you to the staff at the Brome-Missisquoi-Perkins Hospital. Donations in Linda's memory to La Fondation BMP or the SPCA Montérégie would be greatly appreciated.

**Death**



**Coote,  
Margaret  
Helen**

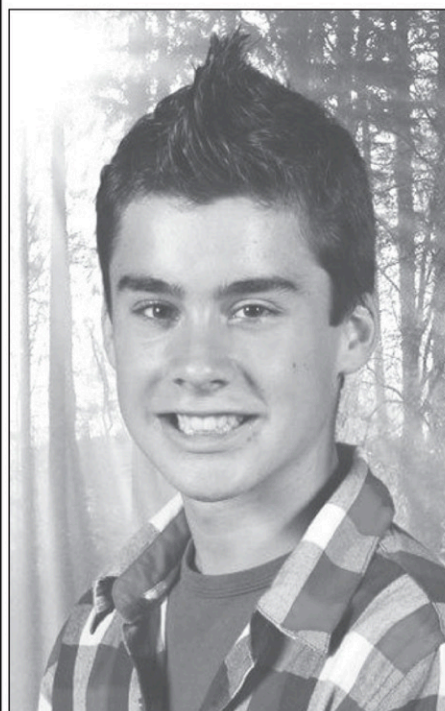
Peacefully at Lombard Manor on Sunday January 24th, 2021. Margaret Helen Coote (nee Adams) age 96 years, of RR1 Frankville. Beloved wife of the late Galen Norman Coote. Dear mother of Stephen Coote (Audrey) of RR1 Frankville, Melanie Lockwood (Allan) of Kemptville and Grace Johnston (James) of Melbourne Ridge, Quebec. Loving grandmother of Tara Pattemore (Scott), Lisa Cowan (Glen), Shawn Coote (Sherri), John Lockwood (Rebecca), Corey Lockwood, Jamie Lockwood (Chrissie), Jennie Rees (David), Jessica Hogg (Dan), and Joshua Johnston (Kayla). Margaret will be sadly missed by 21 great-grandchildren. Predeceased by one great-grandson, Curtis Pattemore, one sister Ruth Mountain of Quebec and her parents, Stephen Adams and the former Alice Marie Rogers.

Due to Covid Restrictions, A Private Family Service will be held at Plum Hollow Cemetery. In memoriams to the Canadian Cancer Society or the Arthritis Society will be gratefully acknowledged by the family. Visit a Book of Memories at: [www.judsonfuneralhome.ca](http://www.judsonfuneralhome.ca)

**JUDSON FUNERAL HOME**  
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**In Memoriam**

**10<sup>th</sup> Anniversary**



**MATTHEW CLOUTIER**

In loving memory of our dear son and brother,  
October 31, 1996 – January 26, 2011.

*A special smile, a special face,  
Part of our lives we can never replace,  
We will remember our whole life through  
The wonderful person we had in you.  
Thoughts of you are always near,  
And in our hearts we hold you dear.*

We love and miss you,  
**MOM, PAPA, MELISSA, RYAN**  
XX

**In Memoriam**

**GIFFORD, Marina (nee Sells)**  
In loving memory of a dear wife, mother and grandmother who passed away eighteen years ago, January 26, 2003.

*Our memories build a special bridge when loved ones have to part-  
To help us feel we're with them still and soothe a grieving heart.  
They span the years and warm our lives preserving ties that bind-  
Our memories build a special bridge and bring us peace of mind.*

**Forever loved and missed,  
ALTON, CHILDREN,  
AND GRANDCHILDREN**

**In Memoriam**

Your generous contribution will help finance research into lung disease such as asthma, emphysema, chronic bronchitis and lung cancer.

Over 700,000 Quebecers who suffer from respiratory disease thank you.



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Canadian Red Cross  
Quebec Division

**Datebook**

**TUESDAY, JANUARY 26, 2021**

Today is the 26th day of 2021 and the 37th day of winter.

**TODAY'S HISTORY:** In 1837, Michigan was admitted as the 26th U.S. state.

In 1950, the Indian Constitution went into effect, marking the birth of the Republic of India.

In 1998, President Bill Clinton denied allegations of an extramarital affair during a televised speech.

In 2020, NBA great Kobe Bryant and eight others onboard were killed in a helicopter crash near Los Angeles.

**TODAY'S BIRTHDAYS:** Douglas MacArthur (1880-1964), military leader; Maria von Trapp (1905-1987), matriarch of singing family/

memoirist; Paul Newman (1925-2008), actor; Jules Feiffer (1929- ), cartoonist/writer; Scott Glenn (1939- ), actor; Gene Siskel (1946-1999), journalist/critic; David Strathairn (1949- ), actor; Eddie Van Halen (1955-2020), guitarist/songwriter; Ellen DeGeneres (1958- ), comedian/talk show host; Wayne Gretzky (1961- ), hockey player; Vince Carter (1977- ), basketball player; Sasha Banks (1992- ), professional wrestler.

**TODAY'S FACT:** The first Library of Congress was burned (along with the rest of the Capitol building) by British soldiers in 1814, and its 3,000 books were destroyed. The library was rebuilt in part through the purchase of personal Thomas Jefferson's personal library of 6,487 books in 1815.

**TODAY'S SPORTS:** In 1986, Chicago

crushed New England 46-10 in Super Bowl XX, as the Bears' renowned defense held the Patriots to seven yards rushing.

**TODAY'S QUOTE:** "Obviously the Man Upstairs gave me something and it touches people, and I'm just so blessed." – Eddie Van Halen

**TODAY'S NUMBER:** 1.37 – weight (in pounds) of the Cullinan Diamond, the largest gem-quality diamond ever found. The 3,106.75-carat gem was discovered in the Premier Mine near Pretoria, South Africa, on this day in 1905.

**TODAY'S MOON:** Between first quarter moon (Jan 20) and full moon (Jan. 28).

**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: [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com) - They will not be taken by phone.

**DEADLINES FOR DEATH NOTICES:**

For Monday's paper, email [production@sherbrookerecord.com](mailto:production@sherbrookerecord.com) or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email [production@sherbrookerecord.com](mailto:production@sherbrookerecord.com), call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) 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.

# Horse Has Left the Barn

## Dear Annie

TUESDAY, JANUARY 26, 2021

Dear Readers: A number of you wrote in concerned about the woman who is Living With Scrooge, the husband who has plenty of money but keeps his wife on a tight budget and makes her life miserable. I suggested marriage counseling, which many readers agreed with, but an equal number feel that the horse has left the barn and I should have advised her to run for the hills. I would agree if there were an issue of physical safety, but that was not the case. Still, I find alternative opinions to be interesting and wanted to share some with you.

Dear Annie: Please get back to this lady. By the tone of her letter and what was left unsaid, I'm sure she is being emotionally, and even perhaps physically, abused. I would definitely suggest that this lady leave Scrooge as soon as possible. She is suffering, and God knows what her insides (heart, liver and brain) must be like, slowly dying as well.

My sister died at 65 because she didn't leave such a horrible man. Please, suggest that she leave now. If she stays, it will only get worse.

I have no accreditation in this field, but I know a bad situation when I read about it. Thanks, Annie. – You Do So Much Good

Dear Annie: I agree with your comment that dwelling on her daughter-in-law is a waste of time and energy. However, I believe that Living With Scrooge should seek the advice of an attorney rather than a marriage counselor at this point.

The reader said nothing about having any affection for her husband and admitted that she made a huge mistake by marrying him. She needs to find out what the property division laws are in her state, and what assets her husband actually has, rather than depending on hearsay and snooping. – Reader in New Mexico

Dear Annie: This lady does not need a marriage counselor. She needs a very strong divorce lawyer! Both must work together to find where his assets are located, i.e., bank accounts, investments and the like.

I am not familiar with the laws in Las Vegas and what she would be entitled to receive, but she is legally married to him and should be entitled to something.

A petition for divorce should be filed as well as a document freezing all his assets.

This is a marriage that is not worth saving under the circumstances described by her. It is toxic; she is treated poorly by her husband and the family, and she is dying inside. What is there to save? It is time for her to move forward.

I send my prayers to her and wish her the very best. – That Marriage Is Over

Dear Readers: Thank you for your insights and suggestions. You make good points, though I am hopeful the marriage can be salvaged through marriage counseling if he goes with her. Remember, the woman who wrote

in had her own job, bought her own house and was able to support herself before allowing Scrooge to change her life. If he refuses to go, then I agree that finding a good attorney to protect her would be the next logical step.

Dear Annie: I've noticed a strange habit that some people seem to have. Recently, several friends have talked to me on the phone while using the bathroom. I can hear everything that is going on, including the toilet flushing. It makes me very uncomfortable. Is it proper etiquette to be using the bathroom while talking on the phone? – Heard Too Much

Dear Heard: Is that a rhetorical question? No, it is not polite to bring someone into the bathroom with you telephonically. The next time someone does this, don't be afraid to say: "I'll try you back later. You sound busy."

Dear Annie: I was born with a cleft palate and nose, and I have a psychological complex from it that makes me self-conscious around others. But I would really like to meet someone and have a romantic relationship. Can you give me advice on how to go forward and just be myself? – M.P.

Dear M.P.: I hope this goes without saying, but having a cleft palate or nose doesn't make you unattractive. Anyone who says otherwise doesn't deserve the pleasure of your company.

Now, you cite your self-consciousness as a barrier to meeting people. I encourage you to consider trying therapy to nurture healthier self-esteem, first and foremost. The moment we fully love ourselves is the moment we're ready to accept love from someone else. You might also benefit from talking with other people who understand your experience. The Cleft Lip and Palate Association facilitates such support communities. Though they're based in the United Kingdom, you can join their online support communities at <https://www.clapa.com/support/online-support>.

Dear Annie: You recently published a letter from "Monarch Watcher," who said that Hass avocados led to habitat destruction of monarch butterflies. Do not swear off avocados as of yet. Monarchs have indeed experienced a sharp decline in habitat, but avocado production is not to blame. Here are some facts for you.

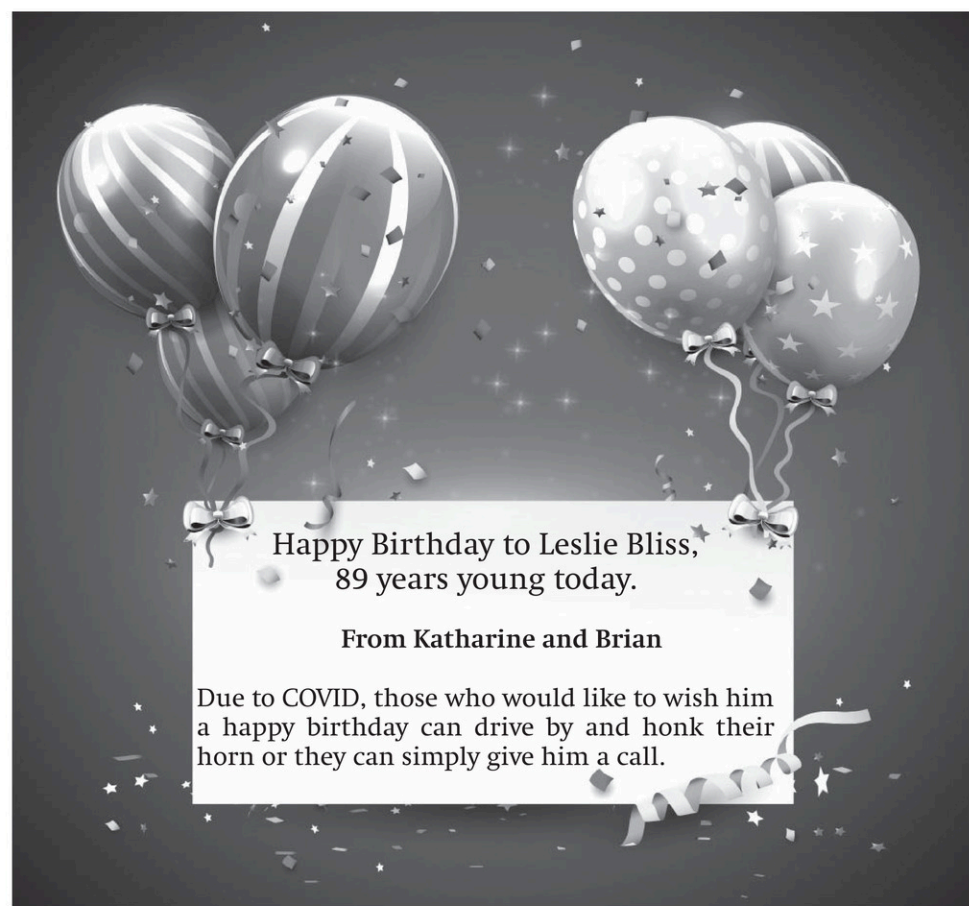
1. Eastern Monarchs winter in Mexico, western monarchs mainly in California.

2. Mexico established the Monarch Butterfly Biospace Preserve to help preserve the habitat.

3. In 2016, the U.S. stated it will accept avocados from all of Mexico, provided they can meet the measures put into place to prevent the spread of disease and insects set up by the farms in the Michoacan areas.

4. One contributing cause to the decline of monarch populations has been the weather in Texas: All the butterflies need to pass through Texas, which has had some severe droughts in recent years.

5. U.S. agriculture has been killing off weeds including milkweed. Milkweed



flora is a big food source for monarch butterflies. A 2020 report estimates a loss of 165 million acres of habitat.

This year, monarchs should come under the endangered species act. They were petitioned in 2014, and the final decision is expected this year.

Please note that I do enjoy eating avocados but I am not associated in raising or production; I am just after truth in reporting. – Luke B.

Dear Luke: I am deeply sorry for publishing misinformation on monarchs. I referred to an older FDA document and didn't realize they'd changed their guidelines in 2016. Your fact-checking is appreciated.

Dear Annie: All my life, since I was a kid, I always got abuse, judgment and blame from my own family. Now, as an adult, I still get all of that. When I got divorced, my family thought it was their right to judge and blame me. And they cut me off like I didn't exist. It's like I did some terrible crime so they had to punish me. There have been so many family functions and gatherings over the last few years, but no one invited me, as though I didn't matter. It was hard, but I tried to deal with it, and slowly moved on with my new normal.

Then, earlier this year, out of nowhere, my sister contacted me after so many years as if nothing happened. And she still seems to think that they did nothing wrong. And I have a hard time accepting what my sisters and brother did to me. So, I expressed to them that I was still upset about the way they treated me in the past – and then the attacks started. They said that the reason I was divorced was because I was so difficult.

Just to be clear, they were the ones who cut me off. I didn't break my relations with them. But it looks like that is the only way they will accept me if I agree that it was all my fault, that I deserved to be cut off. How do I accept it? I am a human being and didn't deserve such cruelty and punitive behaviors.

Please help me. Am I right to feel the way I do? Was it cruel for my family right to throw me out when they felt like it and then contact me again when

they felt like it? I can fight the world, but I can't figure out how to deal with my own family. – Bewildered and Beleaguered by Family

Dear Bewildered: Feelings are not right or wrong. They simply are. But your hurt feelings are certainly understandable. It sounds as though you've been hauling some heavy emotional baggage for a long time – far more than I can begin to unpack in the space of a column. I strongly encourage you to seek therapy, and if the first therapist you find isn't a great fit, try another. With counseling, you can find peace within yourself, no matter what's going on with your family.

Dear Annie: You mentioned the great need for blood and plasma, but platelets and double reds are also in great need. My local Red Cross is open 365 days a year to collect these vital life-savers. – Pete

Dear Pete: I appreciate the important addendum. Platelets are essential in surviving and fighting cancer, chronic diseases and traumatic injuries. The American Red Cross says that every 15 seconds someone needs platelets. Because donated platelets must be used within five days, new donors are needed daily. Not all blood donation centers are capable of taking platelets. For more information, visit <https://www.redcrossblood.org>; from the website menu select "Donate Blood > Types of Blood Donations" and then click "Learn more about platelet donations." Or call 1 (800) 733-2767.

"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).

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### 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.

“ C ' L V U X G G F I W W M O G G E C Z A C Z I  
 O P W J G X D X U F G E C Z I . . . P X T W U X C  
 L O A X O M X R C H C W Z . . . C ' L O Y C P U O ,  
 O Z M C ' L D X U F H G U O G X I C R . ”  
 — E C Y O U F M J T T

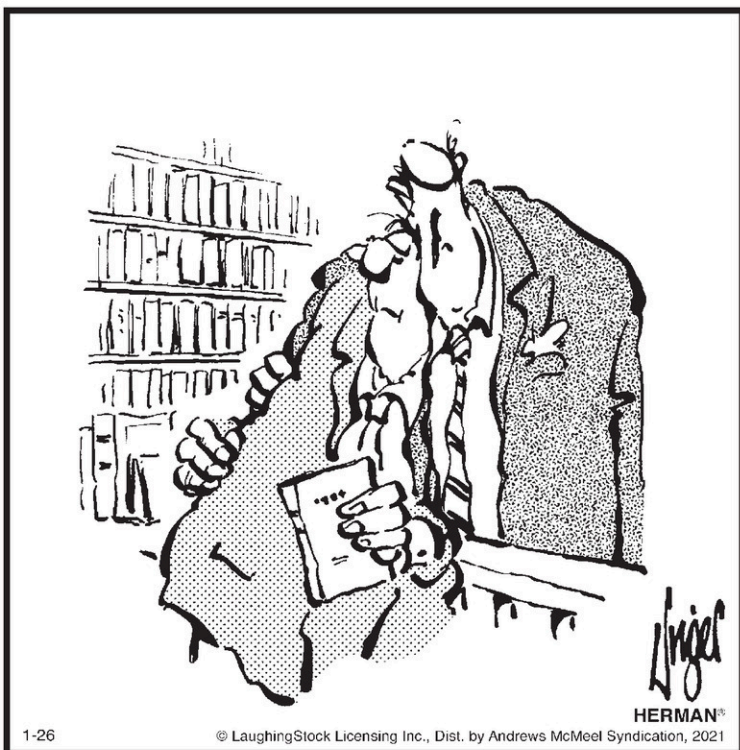
Previous Solution: "I'm a Gemini, and I get so bored so easily. I mean, I have moved six times in the last eight years." — Courtney Cox

TODAY'S CLUE: *d equals V*

### REALITY CHECK

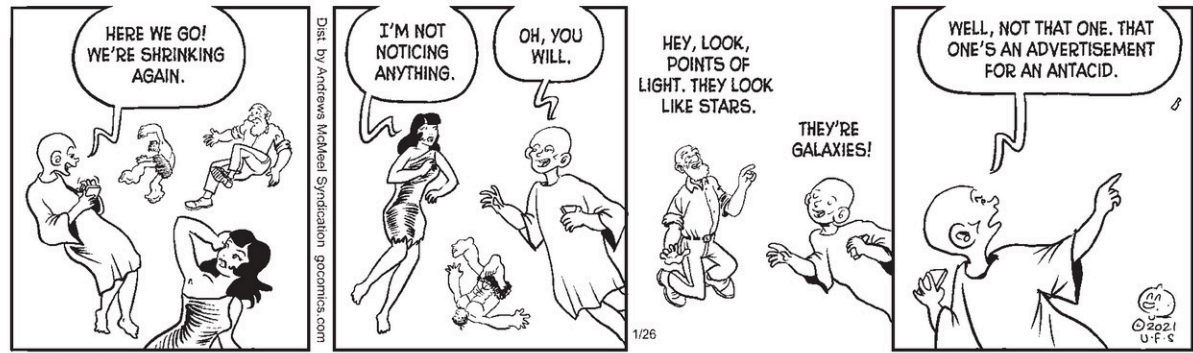


### HERMAN

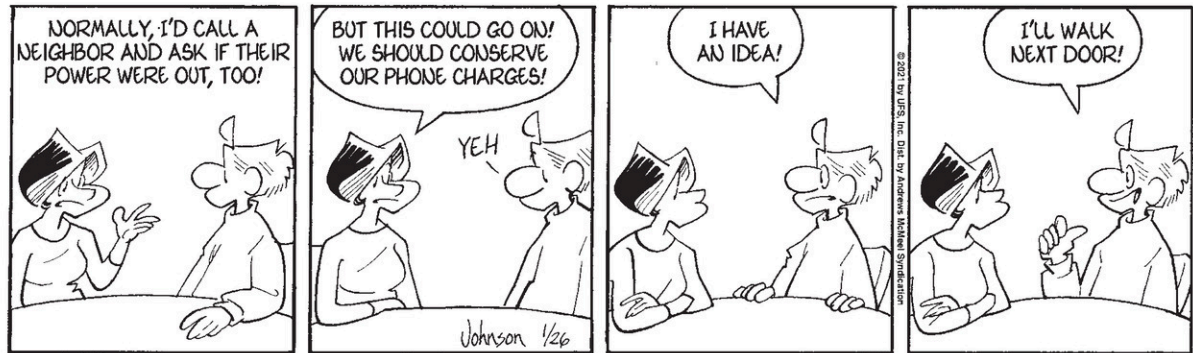


“You look like a man with the minimum daily requirement of intelligence. Where can I find a book on self-confidence?”

### ALLEY OOP



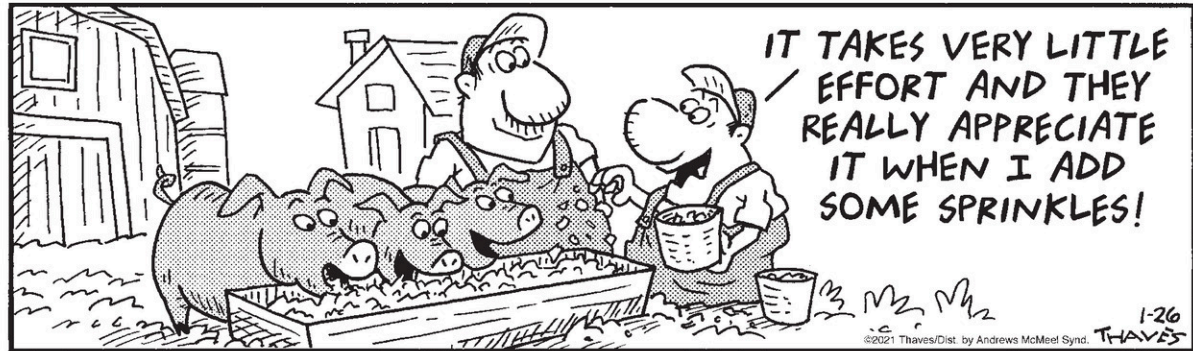
### ARLO & JANIS



### THE BORN LOSER



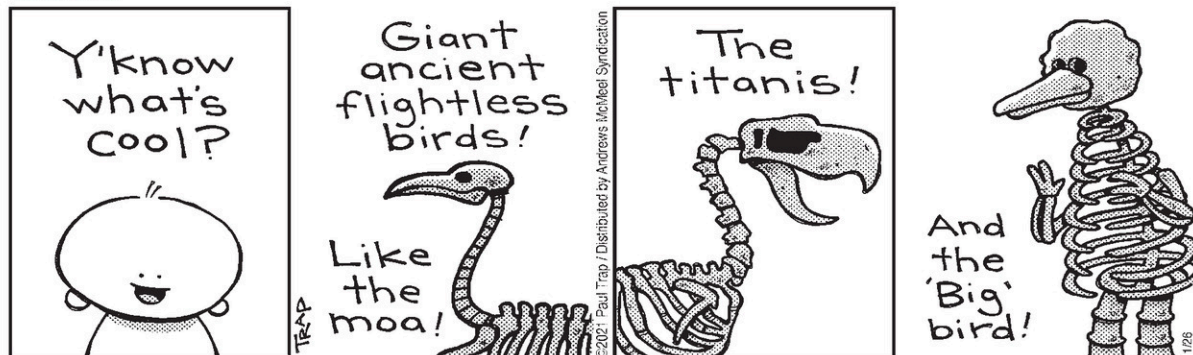
### FRANK AND ERNEST



### GRIZZWELLS



### THATABABY



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 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

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 Or mail your prepaid classified ads to  
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CV's can be dropped off in our outside mailbox.



## Director of Human Resources

21 hours / week

Lennoxville and District Community Aid is a non-profit organisation that promotes and coordinates services and volunteer work making it easier for seniors to continue to live in their own homes.

Working in collaboration with the Director General, the person holding this position ensures the optimal management of the human resources of the organization (establishing objectives, evaluations, staff improvement, skill development and discipline). In collaboration with the Director General, works in drawing up, reviewing job descriptions as well as recruiting staff. Its management practices must promote operational efficiency and follow-up in accordance with Community Aid's mission, policies and objectives.

In collaboration with the Director General as assigned by the Board, this person will work in establishing and reviewing internal and external policies, while solely responsible for the implementation of these policies related to staff. She provides feedback to the Director General on: the overall functioning of all departments, improvement of client satisfaction, and response to problems in Community Aid's client operations. She collaborates in developing formal complaints procedure. Participates in the preparation of promotional tools and updates the Web site. Sits as an ex-officio member on the Administrative Board, Executive Committee and at the Annual General Meeting.

### TRAINING AND EXPERIENCE REQUIRED:

The person has a College degree diploma (DEC), a University Certificate or an undergraduate University degree or a combination of training and work experience related to the job as well as a minimum of four to five (4-5) years of experience in working with personnel development and mobilisation of staff and team engagement. This person is familiar with the community environment and is known for his/her professional approach.

### KEY SKILLS:

She demonstrates leadership and has good communication skills. She also has excellent skills in developing and maintaining harmonious and productive relationships with staff. Good organisational and listening skills. Demonstrate leadership, initiative and a good sense of planning. Has a team spirit, an ease with adaptation and is dynamic. Respect of confidentiality. Sound knowledge of Outlook, Word, Excel, Publisher, and social media. Bilingual (written and oral; English and French), 4/5 minimum.

Please forward your application to Sylvie Gilbert-Fowlis at: [direction@communityaid.ca](mailto:direction@communityaid.ca)

Deadline for applications: February 3, 2021.

Starting date: February - March 2021.

Only candidates selected for interviews will be notified.

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## HANDY POINTERS



on writing a successful classified ad

**It's easier than you think**



Prepare an outline of your ad and then write it.



Be specific – buyers want useful information such as price.



Group related facts in the same sentence.



Avoid slang and abbreviations.



Abbreviations are not needed because **The Record** charges by word rather than space.



Above all, don't forget your telephone number or address and when respondents may contact you.

## SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

1/26

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### PREVIOUS SOLUTION

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

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

# Different types of chocolate to give this Valentine's Day

Chocolate is a popular gift on Valentine's Day. According to the Nielsen Company, Valentine's Day is the third busiest holiday for chocolate sales, following Halloween and Easter.

More than 70 million pounds of chocolate are purchased each year and offered as Valentine's Day gifts. Chocolate connoisseurs can learn more about the different types of chocolate to find the one their loved one will find most appealing.

• **Milk chocolate:** Milk chocolate is produced with low levels of cocoa and high amounts of sugar and milk. In addition, it contains cocoa butter and chocolate liquor. Milk chocolate often is made up of 3.39 percent butterfat, 10 percent chocolate liquor and 12 percent milk solids.

• **Semi-sweet chocolate:** Semi-sweet chocolate is largely an American creation and term. It contains at least 35 percent cocoa solids and is darker than sweet dark chocolate. The amount of sugar varies across brands.

• **Bittersweet chocolate:** Bittersweet chocolate typically contains at least 50 percent chocolate liquor, but some will have between 70 and 80 percent. The sugar content is unregulated, so one manufacturer's bittersweet may not be as bitter

as another's.

• **Baking chocolate:** Also known as bitter chocolate, this is pure chocolate liquor made from ground cocoa beans. It may look like chocolate, but it is used in recipes where it is combined with sugar. It should not be eaten on its own.

• **White chocolate:** White chocolate has cocoa butter but no chocolate liquor or cocoa products. Therefore, it is not truly chocolate.

• **Candy coating chocolate:** This has no cocoa butter and uses vegetable or palm oils in the recipe. It often is used in dipping or enrobing because of its excellent melting ability.

• **Couverture chocolate:** In the United States, the ideal standard for couverture chocolate involves a minimum of 35 percent cocoa solids and 31 percent cocoa butter. This chocolate is tempered and used when coating ingredients or dipping items in chocolate.

Chocolate shines on Valentine's Day. Gift givers can select a chocolate variety that appeals most to their recipients' palates.

# NEA Crossword Puzzle

# Your Birthday

TUESDAY, JANUARY 26, 2021

- ACROSS**
- 1 Ear of corn
  - 4 Reported
  - 8 Without slack
  - 12 Every
  - 13 Barcelona boy
  - 14 Therefore
  - 15 Call — — cab
  - 16 Betting factor
  - 17 Egypt's river
  - 18 Humbug!
  - 20 Sits tight
  - 21 Drain cleaner
  - 23 Unsold of the NBA
  - 24 Dry plains shrub
  - 27 Round dwelling
  - 29 Scribble down
  - 32 Hotfoots it
  - 33 Be very frugal
  - 34 Cassowary kin
  - 35 Large vase
  - 36 Pasture
  - 37 OPEC country
  - 38 Ego ending
- DOWN**
- 1 Army outpost
  - 2 Bullfight shouts
  - 3 Mediocre
  - 4 Like ski slopes
  - 5 Help out
  - 6 Ill.
  - 39 Three-piece piece
  - 40 Pod veggie
  - 41 To date
  - 42 Chop down
  - 44 Washington waterway
  - 47 Engaged in war
  - 51 Make an imitation of
  - 52 Merry-go-round
  - 55 Lyric poem
  - 56 Boot part
  - 57 Roulette color
  - 58 Longing
  - 59 Better late — never
  - 60 Foam
  - 61 Formic acid producer

Answer to Previous Puzzle

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

- 7 Two, in Oaxaca
- 8 Camp shelters
- 9 Soprano's piece
- 10 Ill-favored
- 11 Sock ends
- 19 Tavern brews
- 20 Harden
- 22 Grommet
- 23 Garland
- 24 Feng —
- 25 Makes public
- 26 Well-bred chap
- 28 Hilo guitars
- 29 Twitch
- 30 General — Bradley
- 31 Popular salad
- 37 Radar's home
- 39 Farm doc
- 41 Gulf nation
- 43 Pitchers
- 44 Furtive sound
- 45 Yikes! (hyph.)
- 46 Fundraiser, often
- 48 Spanish painter
- 49 Blissful spot
- 50 Mar providers
- 52 TLC
- 53 Promissory note
- 54 Carried out

Let your creative imagination take charge, and you'll come up with ideas that will improve your living space, relationships and outlook. Listen to suggestions, mull over your intentions and pursue your goals with passion, integrity and the desire to make your life better. A change of pace will be enlightening.

**AQUARIUS** (Jan. 20-Feb. 19) – Refuse to let negativity set in, regardless of what those around you do or say. Keep your emotions under control, and set a standard for others. An optimistic attitude will help you attract supporters.

**PISCES** (Feb. 20-March 20) – Make changes at home to suit your needs. Feeling comfortable encourage you to do things that make you happy. Reach out to someone who makes a difference in your life. Romance is in the stars.

**ARIES** (March 21-April 19) – Be conscious of what's happening around you. Look for solutions that are fair and practical. Learn from mistakes, and make adjustments that will help you achieve the success you desire.

**TAURUS** (April 20-May 20) – Keep things simple. Don't alter your life because of what someone else does. Use your imagination to come up with a plan that will utilize your skills. Take ownership of your life and decisions.

**GEMINI** (May 21-June 20) – Seek refuge in what you know and what you can do, not in what others want. Manage your money well, and don't make donations you cannot afford. Take better care of yourself.

**CANCER** (June 21-July 22) – Put more thought into how you do a job or take care of your responsibilities. Taking a different approach will draw the attention of someone influential. Don't be afraid to ask direct questions.

**LEO** (July 23-Aug. 22) – Keep your secrets to yourself. Someone will use personal information against you if you are too trusting. Look for ways to stabilize your life; focus on saving and personal growth.

**VIRGO** (Aug. 23-Sept. 22) – You'll get help when needed. A friendly gesture will bring high returns. Fitness, self-improvement and quality time with someone special are favored. Make a plan and get moving.

**LIBRA** (Sept. 23-Oct. 23) – Emotions will surface if you mix business with pleasure. Choose your words carefully, and direct your energy into something constructive. Use your imagination.

**SCORPIO** (Oct. 24-Nov. 22) – Do your own thing. Refuse to let anyone draw you into an impossible or confounding situation. Soul-searching will lead to self-improvement and greater confidence. Romance will enhance your life.

**SAGITTARIUS** (Nov. 23-Dec. 21) – A change at home may be upsetting, but, in the end, you'll adjust. It's time to embrace new beginnings and discard what no longer works for you. A change of scenery will be enlightening.

**CAPRICORN** (Dec. 22-Jan. 19) – The changes you make should result in greater comfort for you and your loved ones. Look over your options and weigh the pros and cons. Ask for the approval of anyone affected by what you do.

TUESDAY, JANUARY 26, 2021

## Top pairs signal with most cards

By Phillip Alder

Henry Wadsworth Longfellow wrote, "Ships that pass in the night and speak each other in passing; / Only a signal shown and a distant voice in the darkness; / So on the ocean of life, we pass and speak one another, / Only a look and a voice, then darkness again and a silence."

Bridge defenders do not play in the dark, but they must signal to each other. If you watch a well-versed pair, it is surprising how much information can be sent across the table.

In today's deal, how did East and West defend against four spades after West had led the diamond ace?

North made a cue-bid raise, showing three or more spades and at least game-invitational strength (at most eight losers). South, with only a six-loser hand, jumped to game.

From East's point of view, it was likely that his partner had led a singleton. If so, she would want to know where East has an entry so that she could receive a ruff. Since that was in clubs, the lower-ranking of the other two side suits, East played the diamond three.

Now West did very well, shifting to the club two. What did this tell East?

North		01-26-21	
♠	K Q 9 3		
♥	7 6		
♦	K Q 9 5 2		
♣	Q 3		
West		East	
♠	A 2	♠ 10 5	
♥	J 4 2	♥ 9 8 3	
♦	A 7	♦ J 10 8 6 3	
♣	K 10 9 7 5 2	♣ A 8 6	
South			
♠	J 8 7 6 4		
♥	A K Q 10 5		
♦	4		
♣	J 4		
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1♠	2♣	3♣	Pass
4♠	Pass	Pass	Pass
Opening lead: ♦ A			

Leading low from length guarantees at least one honor in that suit and expresses interest in trying to win tricks in that suit. So East now knew that his partner had not led a singleton ace. If she had, she would have switched to a high club. Therefore, East won with his club ace and returned the club eight (high from a remaining doubleton). A moment later, West's spade ace defeated the contract.

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	43				
44	45	46					47		48	49	50	
51					52	53	54		55			
56					57				58			
59					60				61			