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WEDNESDAY, JANUARY 25, 2023

Memphremagog MRC seeks regional input for social development plan

By Lawrence Belanger Local Journalism Initiative

The Table de développement social du Memphrémagog (TDSM), the Corporation du développement communautaire (CDC) Memphrémagog and the Regional County Municipality of Memphrémagog (MRC de Memphrémagog) are urging citizens in the MRC's 17 municipalities to take part in a survey as part of the creation of a new social development policy in the region.

Humphrey, as part of his responsibilities as project manager at Townshippers', sat on the board of directors of the Table de développement social du Memphrémagog, and was involved in the collaborative process guiding the creation of a social development plan that led to the creation of the survey.

According to Humphrey, a development plan is a "framework for how the region is going to collectively develop a [certain] topic". It will apply to all the municipalities in the Memphremagog MRC if implemented.

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Sherbrooke parents protest for school zone safety



GORDON LAMBIE

The organizers of Tuesday morning's protest in front of Ecole Sainte-Anne on Ontario Street in Sherbrooke said they were pleased with the turnout.

By Gordon Lambie

Sherbrooke's Ecole Sainte-Anne on Ontario Street was the site one of 28 protests for road safety in school zones across the province on Tuesday morning.

of parents and concerned members of the community for the morning drop off period, was one of only three events coordinated through the "Pas une mort de plus" (not one death more) movement outside of the Montreal and Quebec City metropolitan area, and the only one of its kind in the Eastern

Townships. "We are really happy with the number of people who turned up," said Julie Martin, parent to a child in the school and one of the organizers of Tuesday's protest.

CONT'D ON PAGE 3

Advertisement for Cass Funeral Homes featuring portraits of Gina MacDonald, Louis-Philippe Perron, and Penny Ward, with text: 'A personalized and warm support. We are with you, every step of the way. 819-564-1750 • casshomes.ca'

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## Weather



TODAY:  
SUNNY

HIGH -3  
LOW -7



THURSDAY:  
SNOW

HIGH 1  
LOW -12



FRIDAY:  
SUNNY

HIGH -7  
LOW -10



SATURDAY:  
CLOUDY

HIGH 0  
LOW -14



SUNDAY:  
A MIX OF SUN  
AND CLOUD

HIGH -8  
LOW -17

## HAND IN HAND

# Family literacy enriches children and adults alike



**F**amily Literacy Week is a nationwide initiative to encourage continued learning between children and adults in their everyday lives. Family Literacy Day is January 27 and the theme for this year is "Celebrate Your Heritage." Across the Townships and Canada, we are invited to explore our family histories, where we come from, and how we came to be.

As many of you know, Literacy in Action (LIA) is an English-speaking service that fosters lifelong learning amongst its participants through various initiatives across the Estrie Region to build upon their life skills, reading and writing, and to follow their interests. This past fall, we explored our community and family stories through the lens of migration.

How might one begin to explore their family history? Sharing stories and asking questions is a great place to start. Did you ever wonder what your last name means or where it came from? Have you ever noticed family heirlooms in the home, and wonder what they mean to your parents or grandparents? Or even, how and when did your family settle in the Townships?!

Family Literacy can take place in

a variety of fun and simple ways. Looking up the answer to a question together at the library or on the Internet. Doing a family read-a-loud as a way to spend screen-free time. Playing cards and board games. Sitting together and chatting or reminiscing about favourite memories. Telling your child about your favourite childhood memories. They love hearing about our stories! Trips to the local museum or historical site. These are all ways to foster learning together as a family.

It is about fostering a sense of connection and learning between adults and kids alike. Curiosity has no age limit and doesn't only have to take place within school walls. Have you ever noticed that some of our most important learning takes place at home and in the community - our extended family?

Family literacy also reminds us that an adult often learns alongside their child. They can practice old skills or learn new skills. You should never underestimate your role as an aunt or uncle, a coach, or a neighbour either! You have a lasting impact on a child's continued growth and development. Can you think of a time when a kid inspired you to keep on top of your own learning? Have you ever noticed that when you participate in a child's life, it renews your own interests, skills, and reminds of your own abilities? This is what "family" is all about!

Learning as a family is a casual way to nurture these connections and build a foundation of lasting intergenerational bonds. Did you know that this contributes to children's and adults' well-being and success throughout their lives? When children feel encouraged by the adults

in their immediate environment, they are more inclined to ask questions, admit when they do not understand something and in turn become more confident and self-directed in their learning efforts.

### Help us spread the word:

LIA is involved in Ready, Set, Grow, a program in partnership with other community-based organizations within the Estrie. It fosters pre-literacy skills in children aged 0-3 through songs, rhymes, and stories while also being a space for adults to connect and learn together. It is FREE, offered in English and open to any supportive adult in a child's life to participate with them. To sign up in Val-des-Sources, call 819-879-0902. To join the waiting list for Richmond, call 819-345-4252. You can also visit the Facebook page at [www.facebook.com/earlyyearsRSGrow](http://www.facebook.com/earlyyearsRSGrow).

The Yamaska Literacy Council is one of LIA's sister organizations that offers several family-based activities to learners in Brome-Missisquoi & Haute-Yamaska. They are hosting two Family Literacy Week activities, an Indoor Storywalk on January 27 from 1- 5 p.m. in Waterloo and a Storywalk and Craft on January 28 from 1-4 p.m. in Stanbridge East. Registration is required. Call 450-263-7503 or email [info@yamaskaliteracy.ca](mailto:info@yamaskaliteracy.ca) for more information. Follow Yamaska Literacy Council on Facebook at [www.facebook.com/yamaska.council](http://www.facebook.com/yamaska.council).

Literacy in Action can be contacted at 819-346-7009, [info@lia-estrie.org](mailto:info@lia-estrie.org), or [www.facebook.com/LiteracyInAction](http://www.facebook.com/LiteracyInAction). Ask to sign-up for our monthly newsletter to keep up-to-date about programs, events, and volunteer opportunities.

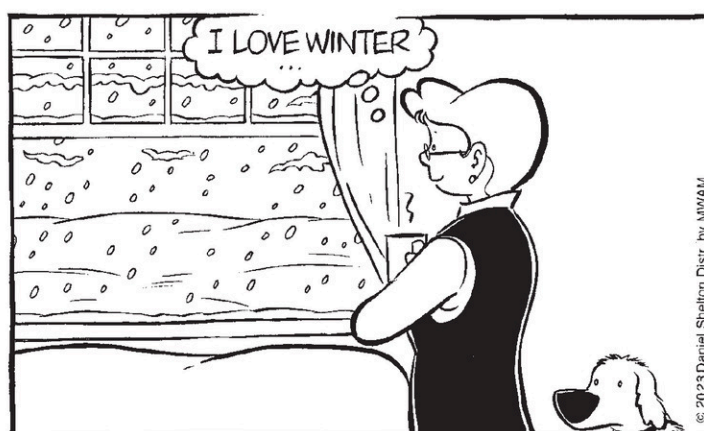


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## Ben by Daniel Shelton



# Local News

*"This is really a walking school," the parent said, sharing that there is only one or two busses that drop children off. "We want those walkers to be as safe as possible."*

## School zone safety

CONT'D FROM PAGE 1

are conscious of the fact that these problems have been around for a long time."

The "Pas une mort de plus" movement has rallied around the cause of school zone safety in recent weeks following the death of a seven-year-old Ukrainian refugee who was walking to school in Montreal in December. Each participating protest group, however, was invited to rally around concerns at their own particular school.

In the case of Sainte-Anne, the parents who were present listed a range of different concerns, including limited sidewalk space, poorly placed crosswalks, and a high volume of traffic at the start of the day.

"It has been at least ten or even 20 years that these issues have been on the table," Martin said, stressing that the school community would like to see a crosswalk installed right in front of the building, as well as widened sidewalks.

"This is really a walking school," the parent said, sharing that there is only one or two busses that drop children off. "We want those walkers to be as safe as possible."

Maryse Rioux, Director of the Chez Les Amis daycare centre that is located directly opposite the school echoed the desire for a crosswalk, adding that she would like it to be accompanied by clearly marked stop signs, but she said that the sector also has a persistent issue with snow clearing after storms.

"We have been asking for years and years for this to be a priority area after a storm," Rioux said, explaining that the large banks of snow on the side of the road are very bad for visibility and access for the smaller children attending both the school and the

daycare. "The crosswalk is much too far away and people just don't use it, so between 20 to eight in the morning and 8 a.m. there are just people crossing wherever, in both directions."

There were representatives of the federal, provincial, and municipal governments present at Tuesday's demonstration, even though matters of road configuration in the city are primarily in the hands of the city council.

Rais Kibonge, the deputy Mayor of Sherbrooke, said that the limited period of time during which the street is busy is part of the challenge of the situation, but he committed to looking into the issues more directly.

"We're going to try to study a solution," Kibonge said, noting that discussion with parents at the school will be a key part of that process.

Quebec solidaire MNA Christine Labrie was also present, both in her capacity as a provincial politician and as the parent of a child at the school.

"These are issues I know well," Labrie said, "but we need to see this as both a local issue and a (provincial) one. There are thousands of schools around which it is unsafe for children, across Quebec."

The Sherbrooke MNA said that it is the direct responsibility of the city to act but argued that municipalities' abilities to act are limited by provincial laws.

"The development standards do not match the needs," she said, using the local call for a crosswalk as an example. Despite the arguments in favour of the idea, and the seemingly simple installation involved, provincial rules state that crosswalks need to be



GORDON LAMBIE

*At its peak the protest drew a large crowd into the street, which moved aside only once to let a school bus through to drop children off at school*

installed at intersections.

"That makes it impossible to make a crosswalk directly in front of the school."

"The road safety code needs to be changed to prioritize pedestrian safety," Labrie continued. "We need to put the safety of the most vulnerable ahead of the fluidity of traffic. Maybe it will slow down peoples' drives by a few minutes, but it seems to me like a vital step in exchange for ensuring the safety of every child who is heading to school."

On a similar vein, the MNA said that limited funds for infrastructure improvements means that even in a situation where a project isn't blocked by some other rule, communities sometimes cannot make important

safety modifications because they simply cannot afford it.

"Quebec needs to act," she said, suggesting that the provincial transport ministry has the power to make changes that will improve safety for all.

While the presence of the local politicians implies that the local protestors had the ear of those with the power to make a difference, Martin said that the organizers of the event are not taking anything for granted.

"Our representatives are here and supportive of the issues when the media is present, but we'll follow up," she said, explaining that the group also collected signatures on a petition that will be presented to Sherbrooke's city council.

## Memphremagog MRC

CONT'D FROM PAGE 1

collective effort to improve the quality of life for everyone." She went on to say that "having such a policy will help inform the decisions of our leaders, so that that we can continue to align our actions with the needs of our citizens."

Quality of life is a wide-ranging concept, and could include issues like transit, food security, neighbourhood safety, and accessibility. Respondents to the survey can share information about what is important to them, what is challenging, and what they are proud of. According to Humphrey, the questions cover a variety of issues including housing costs, neighbourhood safety, food security, and local government.

After the survey concludes, the TDSM, CDC, and MRC de Memphremagog will then review and analyze the results. Humphrey says that there will then be public consultations in the later part of 2023, with the creation of an action

plan to implement the actual policy in 2024.

Humphrey says the process takes as long as it does due to both the scope of social development, as well as the breadth of the three organizations involved in the survey. "Because it's so inclusive and collaborative and there are all these pieces, [making the policy] doesn't happen in six months." While Humphrey admits that a faster process is possible, he says that you "can't develop policy without talking to the people it's going to affect."

It was also a difficult task to get the MRC, CDC, and TDSM all on the same page and in agreement. He also says labour shortages impacted the development of the survey and future plan.

The organizations involved in pushing this development work in a variety of sectors and have a mix of mandates, from coordinating other non-profits to social justice to land

management. While the MRC is an administrative level of the provincial government, the CDC is a non-profit organization that works with other non-profits such as women's shelters and anglophone organizations to coordinate their work, and the TDSM includes members that are food banks, addiction services, disability advocates, and volunteer centers.

Humphrey says that the survey is being sent out to community organizations who then encourage their members and clients to participate. The more participation, the better, since the needs of North Hatley might be different than those of Stanstead or Magog. He also stresses that the survey is available in English and that the inclusion of anglophones is an important component of the survey and future plan. He says that upwards of 10 organizations for anglophones or offering services to them have been contacted to disseminate the survey.

"One of the priorities of [this] whole process is to include the English-speaking community. We've found it to be a very welcoming atmosphere," he says, speaking about Townshippers' involvement in the collaborative process leading up to the survey.

"Sometimes we can find ourselves excluded from these processes," explains Humphrey. He feels that the survey will show that English speakers are active in their municipalities. "They are youth, they're elderly, they're disabled, they're unemployed, they represent all aspects of the community."

The survey is available online at [cdcmemphremagog.com](http://cdcmemphremagog.com) until Jan. 31. The survey can also be found on individual municipal websites. Completed physical surveys can be delivered to the CDC Memphremagog office, located at 95 rue Merry Nord, Office 217, Magog or to your municipal office.

## ETRC ARCHIVES

# Toil, tears, trials and tribulations: recollections of the National Thread Limited

By Jazmine Aldrich

In a brief history written in the late-1960s, Freeman Clowery reflects on his time spent working for The National Thread Limited in Sherbrooke: "How well I recall these days of toil, sweat, and tears; of trials and tribulations, of success and defeat, of disappointments and accomplishments." Clowery's time with the company spanned its Golden Age in the 1950s and 1960s, until its collapse in 1971. He observed the company's rise and fall from the perspective of its Officer Manager and Secretary-Treasurer.

The National Thread Ltd. succeeded the Ideal Thread Limited, which began its operations in Montreal in 1939. Its directors, J. Edgar Genest of Sherbrooke and J.-A. Archambault of Montreal, spearheaded efforts to relocate the thread manufacturing company to Sherbrooke in 1941.

Negotiations with the City of Sherbrooke spanning the first quarter of the year resulted in the renovation of a municipally-owned factory on Laurier Avenue previously occupied by the Modernistik Company and the Dufferin Jack Company. The Ideal Thread Ltd. agreed to lease the building from the City if the City would pay for repairs to the factory. The renovations

included the addition of a second story, a boiler room, and a new elevator, but the company's promise for growth was enough to justify the expenses. A \$14,500 municipal building permit was issued in May 1941.

In April 1941, La Tribune reported that while renovations would soon be underway on the Laurier Avenue factory, The Ideal Thread Ltd. was to be absorbed by another, unnamed company but would keep its directors. The National Thread Limited was incorporated on May 1, 1941. The Ideal Thread Ltd. surrendered its charter and dissolved on February 25, 1942.

Business grew for The National Thread Ltd. over the 1940s with its production of domestic and industrial thread and shoelaces. By 1952, the company had distribution branches across Canada. While American competitors reduced National Thread's international sales, the Canadian market was still a strong one for the company. 1952 also saw a moment of transition: founder and President J. Edgar Genest was ceding control of the company to the capable hands of his only son and National Thread's General Manager, Claude Genest.

In his memoir, Clowery recalls the company's Charter President, J. Edgar Genest, in the following way: "He was



Union des Ouvriers du Textile D'Amérique (UOTA) and National Thread Company representatives signing the Collective Convention in 1961. From left to right: Gilles Courchesne, president of the local 1506 of the UOTA, Freeman Clowery, Secretary-Treasurer of the National Thread Co., and Robert Dean, manager of the joint council of the Eastern Townships of the UOTA.

a man of unlimited forethought and confidence, but, in the years that I worked with him, his most prominent characteristic was an unshakeable faith in his son." J. Edgar retained the company's presidency until his death in 1959, at which point Claude Genest assumed the presidency.

Claude joined in his father's business in 1944 after receiving his discharge from the Canadian Army. Clowery also compliments the younger Genest, writing that he: "[...] has many inherited characteristics. His influence on the operations was felt from the very start, but the building of the new, modern mill was his trademark, a study of youth with a vision, as against age with security."

The new mill at 370, 10th Avenue in Sherbrooke was a \$250,000, 30,000-square-foot, single-story factory. Construction took eight months and was completed in February 1952. Several local businesses outfitted the new factory with everything from plumbing to office supplies. It was expected to employ 125 men and women, and to double the company's production output. Clowery recalls this new facility as "an up-to-date establishment, with planned layout for optimum efficiency,

with room for growth, to meet the challenge of the future," but also recalls the financing, manufacturing controls, and administrative changes that accompanied this expansion.

Despite its early success, The National Thread Ltd. closed the doors of its Sherbrooke factory on March 4th, 1971, leaving 80 employees to find work. Claude Genest blamed foreign competition and increased production costs, especially wages. The signing of a collective agreement with the Union des Ouvriers du Textile D'Amérique in 1961 brought a salary increase for the company's workers, paid holidays, and overtime pay, lending credence to Genest's explanation. In its final year, National Thread's workforce was reduced by nearly half. Genest maintained that the company's Sherbrooke operations needed considerable mechanization to increase profit, which shareholders were not interested in funding given the economic climate of the time. The factory closed, along with another chapter of Sherbrooke's industrial history.

You can reach us at [etrc2@ubishops.ca](mailto:etrc2@ubishops.ca) or by telephone at 819-822-9600 ext. 2261.



The first National Thread Company factory located on Laurier Avenue in Sherbrooke, in a building leased from the City of Sherbrooke. This factory location opened in 1941 and closed in 1952.



The second National Thread Company factory located at 370, 10th Avenue in Sherbrooke. Construction was completed in February of 1952. The building is presently occupied by Physipro, which sells positioning and mobility devices.

## Duo MacDonald-Picard in concert this Friday

Record Staff

This Friday, Jan. 27, 2023 at 8 p.m., guitarist Andrew Paul MacDonald and pianist Carmen Picard will perform a concert of music by Bach, Ponce, Gershwin and MacDonald in Bandeen Hall at Bishop's University.

MacDonald, winner of the 1995 JUNO Award for Best Classical Composition, and recently appointed to the Order of Canada for his work in music, has created transcriptions of the classic works to be heard on this programme, including Bach's D Major Gamba Sonata, BWV 1028, Manuel Maria Ponce's lovely Sonata from 1926, and a group of famous Gershwin songs which MacDonald has arranged as variation sets. The highlight of the programme is a new MacDonald composition,

Electric Pleasures, op. 90a, originally written for orchestra, and now to be heard for the first time in a version for electric guitar and piano!

Carmen Picard is well known in Sherbrooke and across Canada as a chamber music specialist who has made many recordings for labels such as NAXOS, Atma, and Analekta, as well as the CBC and Radio-Canada. Since 2014 she has taught piano, chamber music and accompaniment at the l'École de Musique at the Université de Sherbrooke. She is president of the Concours de Musique du Québec and vice-president of the Canadian Music Competition National Board.

More information on the concert and program can be found at <https://www.facebook.com/musiquecheznous>



COURTESY

# News from Waterloo Elementary

Submitted by WES teacher  
Kristyn Gower

Waterloo Elementary's Cycle Three students were offered a special activity last week. Miss Alexandra, Ms. Buck, Mr. David and Mr. Gabriel along with Miss Kristyn planned a workshop filled morning for the grade five and six students.

The school has begun implementing a S.E.L (social emotional learning) approach and strives to integrate these practices in their day to day. "We see how important having a strong set of social and emotional learning skills is for children. We see an increase in academics, peer relationships and an overall difference in behavioral challenges," says Miss Kristyn, grade two teacher at WES.

The theme of the morning was "How to Fill My Bucket". Bucket-filling refers to the analogy that every person carries with them an invisible bucket. This bucket contains a person's feelings and emotions. When the bucket is full, this represents feeling happy and content. However, when it is empty, we feel down, upset and dissatisfied.

Teachers prepared an array of workshop-like activities to portray the idea behind this practice. One of which was to act out a scene. Students were guided in the creation of skits demonstrating both filling and emptying a bucket. Teachers equally presented a skit playing the role of students themselves. The three classes participated in a writing segment where students were asked to write



PHOTOS COURTESY OF WATERLOO ELEMENTARY SCHOOL

down a negative experience that resides with them and has a negative impact on their personal buckets.

Over the span of that Wednesday morning, students learned how to fill their bucket, what bucket dipping is and how to use their bucket's lid when they need to close themselves off to outside negativity. They were given tools and taught strategies to better regulate their emotions and were equally taught the power of letting go of negative experiences. To

demonstrate the psychology behind this, students were led outdoors to a bonfire where they symbolically let go of that negative experience by throwing their writing into the flames.

Grade five student Nathaniel shared, "To see my negative experience being tossed into the fire and being burned was cool. I had never done something like that before. It was like seeing my bad memory coming off my shoulders. To experience a bonfire at school was very cool!"

"Activities like these make all the difference in our children. Learning to identify and manage their emotions leads to positive self motivation, stress management, self-identity and self-awareness, healthy relationship skills and in turn shows a positive impact on academic achievement," adds the grade two teacher.

To end the morning, students and teachers spent time around the fire sharing laughs and roasting marshmallows.



PHOTOS COURTESY OF WES



# EDITORIAL

So-called “natural” gas is almost entirely methane, a greenhouse gas pollutant about 80 times more potent than carbon dioxide over the short term.

## SCIENCE MATTERS

# Fossil gas is not healthy for children and other living things

By David Suzuki

Cooking with gas has some advantages over cooking on conventional electric stoves, as gas stoves heat and cool instantly. But it's not difficult to prepare amazing meals on an electric range, and efficient induction ranges offer even more versatility than gas – without the problems.

Those problems are significant, from household pollution to global heating. Gas stoves release dangerous pollutants into homes, buildings and the atmosphere, including nitrogen dioxide, carbon monoxide, formaldehyde and particulate matter.

A recent analysis of 27 studies on the effects of gas appliances on children concluded 12.7 per cent of current childhood asthma in the U.S. can be attributed to gas stove use – ranging from three per cent in Florida to 21.1 per cent in Illinois. (The percentage of homes with gas stoves is much higher in Illinois than in Florida.) About 40 million U.S. households, 38 per cent, have gas stoves.

The U.S. Environmental Protection Agency found nitrogen dioxide concentrations are 50 to 400 per cent higher in homes with gas stoves than homes with electric appliances.

Nitrogen dioxide can cause cardiovascular and respiratory problems and exacerbate illnesses like flu and COVID-19. As a Vox article notes, “Outside, the EPA would consider the level of NO2 produced by the stove illegal. Inside, though, there is no regulation.”

Gas furnaces and water heaters cause less indoor air pollution because many jurisdictions require them to be vented outside – contributing to outdoor air pollution and climate change. (Research shows buildings in California emit more nitrogen oxides than power plants, and almost

as much as cars.)

So-called “natural” gas is almost entirely methane, a greenhouse gas pollutant about 80 times more potent than carbon dioxide over the short term. All along the supply chain, from extraction and production to transportation and use, considerable amounts of it escape into the atmosphere.

Health issues around gas appliances have been known since the 1980s. But as with other problems fossil fuels cause, industry has put considerable resources into downplaying or denying the dangers, and into promoting gas appliances.

Those efforts are heating up as many jurisdictions consider banning gas stoves for new homes and buildings. The tactics are wide-ranging: massive ad and “influencer” campaigns, fake grassroots groups and supporters (known as “astroturfing”) to support gas over electric, lobbying politicians and, sometimes, outright threats. Even the term “natural gas” was coined back in the 1930s as a way to portray it as a clean, affordable fuel. As a Mother Jones article points out, industry also adopted the slogan “cooking with gas” in the 1930s.

Industry argues proper ventilation will resolve indoor pollution issues. Putting aside the fact that this just moves pollution outdoors, most jurisdictions don't require venting that would keep indoor air pure. Many people can't afford to install adequate range hoods and fans, and renters often have no say.

The advantages of cooking with gas over conventional electric are mostly about convenience, and newer induction stoves, which use magnetism to heat, are more efficient, safer and better for indoor and outdoor environments. They're also not subject to the volatility of fossil fuel markets.

However, shifting to electricity in



all areas of our lives also means using cleaner sources, such as wind and solar. The main disadvantage of induction stoves is that they don't work with all types of cookware – including copper and aluminium – but even that can be overcome by placing those pots and pans on a suitable metal heat plate.

Not everyone can immediately replace their polluting gas appliance, but incentives, regulations and building codes can ensure gas becomes a thing of the past. Of course, if you continue to use a gas stove, you should vent to the outside, or at least keep windows open while using it.

As with fossil fuels wastefully burned in cars, gas for cooking was never really about efficiency or affordability.

The goal was to get people to buy and burn more to enrich the most profitable industry in history. Instead of recognizing the true value of these limited stores of concentrated solar energy that took millennia to create, our growth-driven economic system has long relied on burning them up as quickly as possible.

It's time to change that, for the health of our children, ourselves and the planet.

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).

# Montreal aid groups seek more money to help care for rise in asylum seekers

The Canadian Press

A coalition of Montreal community groups says its members are overwhelmed by the growing number of asylum seekers arriving in the city and need more resources to help them.

Refugee aid groups say that the easing of border restrictions due to the COVID-19 pandemic has led to a massive influx of would-be refugees to Canada, many of whom are arriving in Quebec.

The federal government says that between January and November 2022, 45,250 asylum seekers arrived in Quebec, compared to 7,290 would-be refugees who entered the country through the province for all of 2021.

The coalition is calling for the Quebec government to reverse a 1996 decision that limits asylum seekers'

access to many services, including public health insurance.

It is also asking governments for money to care for would-be refugees and to retain staff.

However, the coalition provided no specific figures around that request.

Sylvie Guyon, who works with two refugee aid groups in southwest Montreal, told reporters that asylum seekers are often seen as a burden on society– but she said many of them worked in long-term care homes during the COVID-19 pandemic.

“We realized that these asylum seekers were over-represented among essential service workers. We suddenly started calling them our ‘guardian angels’ ....By putting them on a difficult, stressful journey, which sometimes takes several years, the government has made a very bad calculation in our opinion.”

## THE RECORD

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# Local Sports

The Desjardins Family Zone has been amped up this year with plenty of new activities and entertainment to ensure that everyone finds something exciting to enjoy.

## Gearing up for the Grand Prix Ski-doo de Valcourt

Record Staff

The 40th edition of the Grand Prix Ski-doo de Valcourt (GPSV) is right around the corner.

Taking place on Jan. 26, 2023, at 10 a.m. at the J. Armand Bombardier Museum of Ingenuity, in Valcourt, the event will celebrate four decades of snowcross races and feature next generation machines, the return of retro machines and several activities for the whole family for the anniversary.

As a special treat this year, there will be an “open door” on Friday, which will include a friendly gathering where the public will be able to access the paddocks and attend the practice and qualifying sessions for free. Fans can also attend demonstration races in the different categories of the event. A great opportunity to meet the athletes competing, check out the impressive number of motorcycles, snowmobiles, ATVs and trailers on site.

The Desjardins Family Zone has been amped up this year with plenty of new activities and entertainment to ensure that everyone finds something exciting to enjoy. And of course, the Ski-Doo marquee, adding the “V-Ride” virtual reality simulator will certainly turn heads.

Lots to enjoy

There will be plenty of spectacular races to enjoy throughout the weekend. The Pro Champ and Semi-Pro Champ classes, as well as Formula 500 and Semi-Pro Formula 500, will be united. There will also be the return of the Moto Expert Open, Moto Amateur Open, VTT Expert Open and VTT Amateur Open divisions.

A large delegation of young athletes will be present and racing on the large oval track. Several retro cars will also be circulating on the tracks to remind spectators of the good old days.

According to GPSV Managing Director Guillaume Richard, this year, the snowcross competition will be very exciting since several Quebec representatives have placed well the US in the ISOC national championship. Among others, Jordan Lebel, from Chicoutimi, remains undefeated after four races, Richard explained in a press release.

In addition to the CSRA Snowcross Championship, the GPSV will also host the SCMx provincial championship, which has seen a spectacular increase in the number of registered athletes since the start of the season.

Snowmobiling on an ice oval, the best Canadian and American athletes from the prestigious USSA PRO STAR CUP will be present all weekend,



GPSV FACEBOOK PAGE

participating in the thrilling races for which Valcourt is famous.

After several years of absence, the GPSV will welcome back “Vintage” snowmobiles from the 70s. These are currently experiencing enormous popularity in the United States. The brand new world champion from Eagle River in Wisconsin, Quebecer Sabrina Blanchet will be on the track this weekend to continue her winning streak.

### A green shift

This year, the event is making efforts to reduce waste. All single-use containers used during the GPSV will be compostable. Food kiosks are also required to provide compostable utensils and containers. The objective is an event with minimal waste.

Visitors are also invited to bring reusable bottles and thermoses.

### A new “Ski-doo” tattooed spokesperson

For its 40th anniversary, the Grand Prix Ski-Doo Valcourt has a new spokesperson, Andrew Ranger. Recognized as a car racer in NASCAR Pinty’s, Ranger he has been a BRP/Ski-Doo ambassador for 10 years. From Roxton Pond, Ranger also distinguished himself on three occasions during the GPSV in the Moto Open Expert category.

“The Grand Prix Ski-Doo Valcourt is our home. I have had so many amazing moments over the years. It is quite an honour to be part of the large GPSV family,” Ranger commented.

All information about the event can be found here: <https://www.grandprixvalcourt.com>



## The Record Newsroom wants you for a New Youth edition starting soon!

We need all sorts of content creators: writers, reporters, artists, photo-journalists.

**Interested but not sure where to begin?**

We will teach you everything you need to know.

**SEND AN EMAIL TO THE RECORD’S EDITOR**  
Matthew McCully at [mmccully@sherbrookerecord.com](mailto:mmccully@sherbrookerecord.com)

## Death



**Don  
PATERSON**  
1961 - 2023

Passed away suddenly on January 19, 2023, at the age of 61. Son of the

late William Paterson and the late Winnifred Perkins.

He leaves to mourn his loving wife Carole Cabana, his children Mathieu (Mélyssa Couture), Emily (Yan-Christophe Jacques), Michael (Maude Roy-Gauthier), Tristan and grandchildren Christian (CJ) Jacques and Kayden Jacques.

He was predeceased by his sister Carol Nixon (the late Chuck).

Don also leaves to mourn his brother Robert Paterson (Debbie), sister Shirley Paterson (Daniel Enright), sister-in-law Joanne Cabana, brother-in-law Mark Kydd, his nieces, nephews and many friends.

Visitation will take place at the Résidence funéraire Windsor (310 rue St-Georges, Windsor, QC) on Thursday, January 26, 2023 from 2 to 4 and 7 to 9 p.m. and on Friday, January 27, 2023 from 9:30 to 11:15 a.m. followed by the funeral service at 11:15 a.m. in the funeral home chapel.

Résidence funéraire Windsor  
310 rue St-Georges  
Windsor, Quebec

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matters  
into your  
own hands**

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OSTÉOPOROSE  
QUÉBEC

# Date Book

JANUARY 25, 2023

Today is the 25th day of 2023 and the 36th day of winter.

**TODAY'S HISTORY:** In 1533, King Henry VIII of England secretly married Anne Boleyn.

In 1787, Shays' Rebellion forces failed in an attempt to overtake the U.S. arsenal in Springfield, Massachusetts.

In 1915, Alexander Graham Bell made the first transcontinental telephone call from New York to San Francisco.

In 1961, a few days after his inauguration, President John F. Kennedy held the first live televised presidential news conference.

In 2004, NASA's Opportunity rover landed on the surface of Mars.

**TODAY'S BIRTHDAYS:** Robert Burns (1759-1796), poet; W. Somerset Maugham (1874-1965), author/playwright; Virginia Woolf (1882-1941), author/essayist; Etta James (1938-2012), singer-songwriter; Tobe Hooper (1943-2017), filmmaker; Paul Nurse (1949- ), biochemist/Nobel laureate; Steve Prefontaine (1951-1975), runner; Jenifer Lewis (1957- ), actress; Geoff Johns (1973- ), comic book writer/screenwriter/producer; Alicia Keys (1981- ), singer-songwriter.

**TODAY'S FACT:** The Mars Opportunity rover continued to make scientific observations and report back to Earth until June 10, 2018, more than 13 years beyond the duration of activity for which it was designed.

**TODAY'S SPORTS:** In 1924, the first Winter Olympic Games began in Chamonix, France.

**TODAY'S QUOTE:** "For me, doing a show, the excitement of singing live, and the possibility that you're not gonna be perfect - that's the thrill of it." - Alicia Keys

**TODAY'S NUMBER:** 6 - wives of King Henry VIII: Catherine of Aragon, Anne Boleyn, Jane Seymour, Anne of Cleves, Catherine Howard and Catherine Parr. He ordered two, Anne Boleyn and Catherine Howard, executed by beheading.

**TODAY'S MOON:** Between new moon (Jan. 21) and first quarter moon (Jan. 28).

# Colonoscopy prep is unpleasant, but necessary



## ASK THE DOCTORS

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

Dear Doctors: I'm having my first colonoscopy in a few months. My friends say it's unpleasant, and I'm already dreading it. I think it would help if I knew what's going to happen. How often do you need to get a colonoscopy? And is there any way around having to use that prep drink?

Dear Reader: A colonoscopy is an exam that allows a doctor to see the inside of the large intestine. It may be used to identify the cause of certain bowel-related symptoms, such as rectal bleeding, abdominal pain or chronic diarrhea.

It is also used to look for signs of colon cancer. With colon cancer on the rise in younger adults, screening guidelines have been recently updated. It is now recommended that someone of average risk begin screenings at age 45. For those with risk factors, such as family history of the disease, earlier screening is advised. Colonoscopies continue once per decade until age 75. Between the ages of 76 through 85, continued colon cancer screening is based on risk, medical history and overall life expectancy.

Some people may choose a stool-based colon cancer screening test. However, it is not yet clear if these are as effective as a colonoscopy. If stool-based tests are used, they must be performed at more frequent intervals than a colonoscopy. Depending on the specific test, they must be repeated annually or every three years.

A colonoscopy includes a few days of preparation, during which patients cleanse their bowels. This

begins by eating a low-fiber diet for several days, followed by a day of clear liquids. The final step is using a specially formulated liquid laxative, which is the prep solution you asked about. Talk to your doctor about using one of the newer products. They use smaller volumes of liquid than in the past and are better tolerated. A sodium sulfate-based tablet for colon cleansing, which the FDA approved two years ago, may also be an option. You and your doctor will also discuss any medications or dietary supplements you may be using and whether or not these should be adjusted or discontinued prior to the procedure.

The test takes place with the patient lying prone on a table. In most cases, sedation is used. A long, flexible tube, known as a colonoscope, is introduced into the colon via the anus. It has a light and a tiny camera, which allow the doctor to see the interior of the colon. A colonoscopy takes between 30 and 60 minutes. If polyps or other growths are found, they may be removed and sent to a lab for testing.

After the exam, it takes about an hour to recover from the sedation. Cramping and bloating may occur, but are temporary. If tissue has been removed, there may be light bleeding. A follow-up appointment is typically scheduled to go over the findings.

It's true a colonoscopy takes time, and the screening can be uncomfortable. But early-stage colon cancer, which a colonoscopy can identify, is highly treatable. In making this appointment, you have made an investment in your health and well-being.

(Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.)

(Send your questions to [askthedoctors@mednet.ucla.edu](mailto:askthedoctors@mednet.ucla.edu), or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

## 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.

# Aftermath of dating a narcissist

## Dear Annie

WEDNESDAY, JANUARY 25, 2023

Dear Annie: After dating a guy who turned out to be a narcissist, my question is, how can I heal? I've tried everything, and I've even felt like I'm over it and I'm OK, but then I have my days. It's like grieving.

I fell in love with this man, and feel like I let my guard down way too soon, only to be disappointed. Yes, he pursued me heavily, and it's like after supporting me through nursing school, by the time it was close to my graduating, he started to become distant. I am so depressed off and on. I feel like I lost my best friend. What would you suggest?

I'm no longer interested; plus, he has

moved on. This is so not like me to let something like this get to me or have me feeling down. I feel like I lost myself just simply trying to understand, and then I tell myself that he served his purpose in my life, and if it was meant to be, it would have been. How do I heal, and how do I get over this heartbreak? I never in my life thought I would allow someone access to me and not see this coming or notice the red flags. Please help. - Brokenhearted

Dear Brokenhearted: You have no control over how your ex-boyfriend treated you, but you have total control over how you respond to it. If he was a true narcissist, he was not your best friend. He might have pretended to be your best friend, but that is not a

true, authentic friend. He probably is incapable at this point in his life of being a true friend to anyone because he is not a friend to himself.

Allow yourself time to grieve your relationship. It is understandable. It is OK to get sad off and on. Keep doing things for yourself that made you happy before him. Stay close to family and friends, and lean on them for comfort. There is strength in vulnerability. The sooner you recognize that, the sooner you will be able to move through the sadness.

Once you have some distance and time away from the relationship, try to get curious and ask yourself what you liked and didn't like in the relationship so that you can learn from the old

relationship what you don't want in your new relationship. And don't rule out talking to a good therapist. At the very least, you will stop beating yourself up for not spotting this guy's personality earlier.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology - featuring favorite columns on marriage, infidelity, communication and reconciliation - 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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THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897  
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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.

“WUCBAYCJAB UI ICABHX HUCN CNB  
HABDLYEB ZM KBX HNZ NYFB KUXRBR  
VBPZXR ABYIZX CNB ZGUXUZXI ZM  
ZCNBAI.” — FUAEXUY HZZWM

Previous Solution: “I’ve spent my whole life trying to find out who I am, so I could express that through the music.” — Neil Diamond

TODAY’S CLUE: *g s n b e a*

### REALITY CHECK

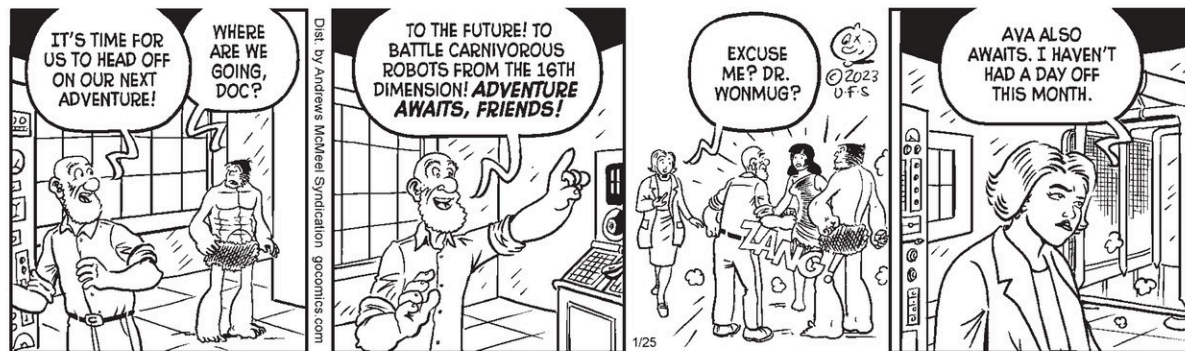


### HERMAN



“The doctor will see you now, Mr. Harris.”

### ALLEY OOP



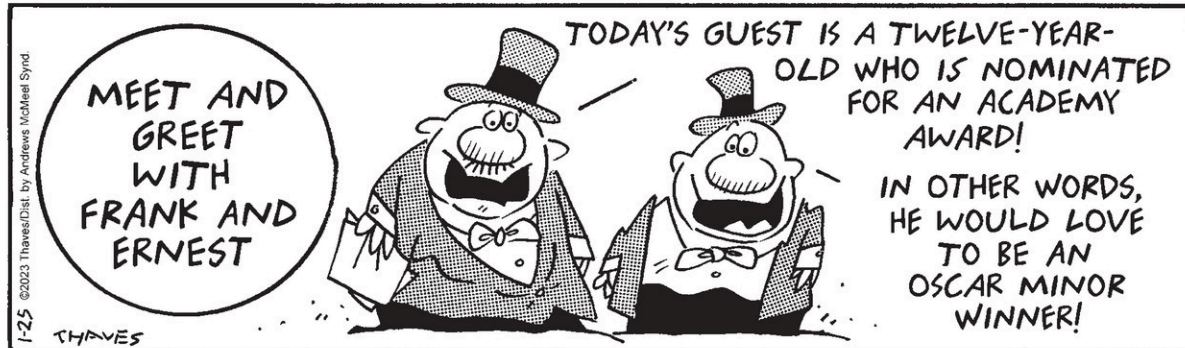
### ARLO & JANIS



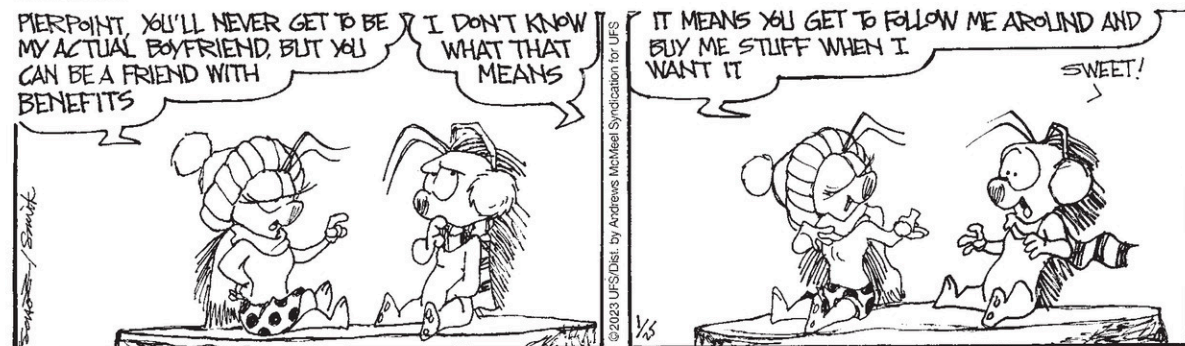
### THE BORN LOSER



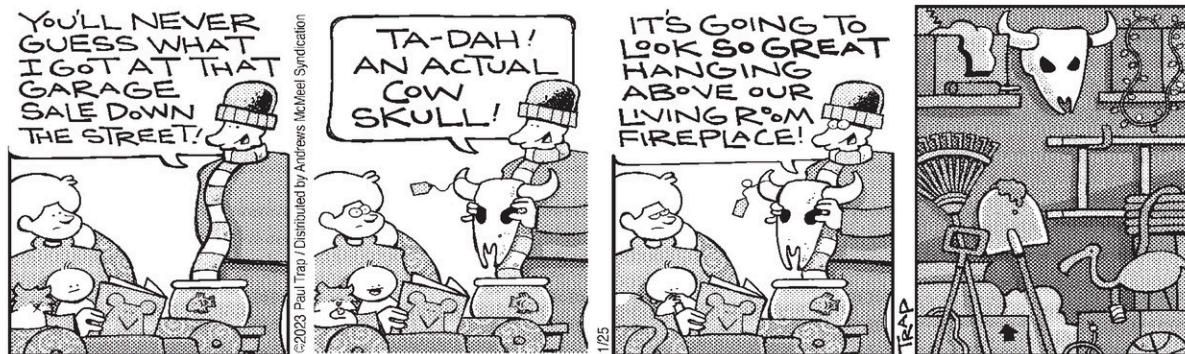
### FRANK AND ERNEST



### GRIZZWELLS



### THATABABY



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**Diabetes The New EPIDEMIC**  
**REACT NOW!**  
Diabetes Québec  
Information and donations:  
(514) 259.3422 or 1.800.361.3504  
[www.diabete.qc.ca](http://www.diabete.qc.ca)

Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.  
 E-mail: [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)  
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

# CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication  
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 or call  
 819-569-9525

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**THE RECORD** 819-569-9525  
 450-242-1188

# THE RECORD

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 at [outletjournal@sympatico.ca](mailto:outletjournal@sympatico.ca)  
 or call 819-569-9511

275 Antiques

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

# SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

1/25

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## PREVIOUS SOLUTION

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

### HOW TO PLAY:

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

# THE RECORD



## SALES REPRESENTATIVES

The Record/Brome County News has an immediate opening for a dynamic, motivated sales representatives to join its sales team.

The ideal candidate will be a client-focused, results-oriented individual seeking to forge a successful career as a sales representative.

### Job Requirements

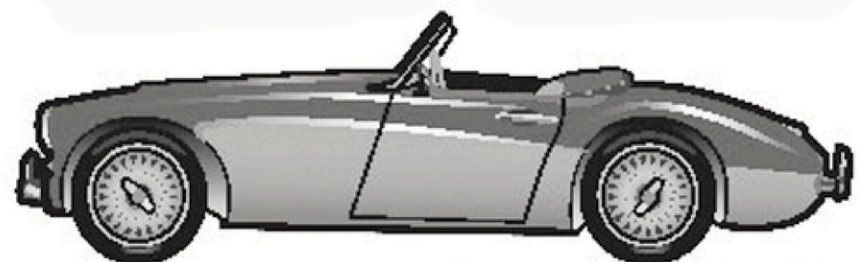
As a sales representative, you will:

- Maintain current customer accounts and relationships
- Grow an established customer base
- Work as part of a sales team on special projects
- Be self-directed with the ability to effectively interact with staff and clients
- Be creative and innovative to ensure client satisfaction
- Demonstrate an ability to build lasting client relationships
- Advertising sales experience is a definite asset

Interested candidates should send a letter outlining their interest and prior experience to

Sharon McCully  
[outletjournal@sympatico.ca](mailto:outletjournal@sympatico.ca)

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# NEA Crossword Puzzle

# Your Birthday

WEDNESDAY, JANUARY 25, 2023

gather facts, then consider outcomes and the best way to navigate your way through turmoil. Distance yourself from anyone looking for a fight or trying to get you to do something for their benefit.

LEO (July 23-Aug. 22) - Helping others will enrich your life. Physical activity, charity events and challenges will lead to acknowledgment. Being in the know will encourage others to consider you for a project or position.

VIRGO (Aug. 23-Sept. 22) - Uncertainty is the enemy. When in doubt, check the facts and proceed down the path that you find welcoming. Feeling good about your decisions because you did your homework will alleviate stress.

LIBRA (Sept. 23-Oct. 23) - Think hard before you share your thoughts with others. Take the liberty to put someone at ease by offering your services, and you'll make a significant difference.

SCORPIO (Oct. 24-Nov. 22) - You'll meet someone new or get the chance to do something you've never done. Participating in events that challenge and motivate you will lead to an opportunity.

SAGITTARIUS (Nov. 23-Dec. 21) - Size up situations quickly and keep moving. Being gullible will leave you in a compromising position. Don't get into a debate that you cannot win. Let your actions speak for you.

CAPRICORN (Dec. 22-Jan. 19) - Distance yourself from manipulative, controlling people. Stick close to home and make changes that add to your comfort and help you lower your overhead. An unusual offer will tempt you.

### Answer to Previous Puzzle

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

- ACROSS**
- 1 Soda can opener
  - 4 Right this minute
  - 7 Yard tool
  - 11 Citrus cooler
  - 12 Dash dial
  - 13 Kuwaiti leader
  - 14 Wire measure
  - 15 As much as (2 wds.)
  - 16 Go to the polls
  - 17 Comfort
  - 19 Glances at
  - 21 Jiffies
  - 22 Startled cry
  - 23 Major prank
  - 26 Drive away
  - 30 Capitulated
  - 34 Garden tool
  - 35 Opposite of post-
  - 36 Making possible
  - 39 Kiwi language
  - 42 Yves' girl
  - 43 Publishing execs
- 45 Yield by treaty**
- 48 Not built-up**
- 50 Tend the aquarium**
- 52 Floor covering**
- 53 O.K. Corral name**
- 55 Boston Bruins org.**
- 56 Kendrick or Faris**
- 57 Snapshots**
- 58 Part of an ear**
- 59 "By Jove!"**
- 60 NFL scores**
- 61 That, to Jaime**
- DOWN**
- 1 Jaunty caps
  - 2 Amigo's farewell
  - 3 Southern beauty
  - 4 Where hackles rise
  - 5 World Series mo.
  - 6 In one piece
  - 7 Overturn

- 8 Running wild
- 9 Little foxes
- 10 Afore
- 12 Arizona city
- 18 Need an aspirin
- 20 Not 'neath
- 24 Picnicked on
- 25 Lucy Lawless role
- 27 Frat letter
- 28 Time period
- 29 Limb
- 30 Tachometer meas.
- 31 Baseball stat
- 32 Name for a lion
- 33 River blocker
- 37 Bodybuilder's pride
- 38 Eye suggestively
- 40 Go over again
- 41 Spud st.
- 44 Took a nap
- 46 Rumba or tango
- 47 Social mores
- 48 Onion —
- 49 Longest arm bone
- 50 Curved lines
- 51 Isle of exile
- 52 — kwon do
- 54 Bail out

1	2	3		4	5	6		7	8	9	10
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39			40	41		42					
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	48	49					50				51
52					53	54			55		
56					57				58		
59					60				61		

Take a different approach to life, love and happiness. You'll discover something that captures your heart and encourages you to dedicate more time to personal growth. Recognize how far you've come, and learn to love yourself and be proud of your accomplishments. Everything will fall into place.

AQUARIUS (Jan. 20-Feb. 19) - Don't waste time. Look at a challenge to show off your skills and talents. Don't mislead others regarding money or what you are willing to contribute. A personal pick-me-up will boost your ego.

PISCES (Feb. 20-March 20) - Search for answers. Play fairly, and don't let anger cause a feud with a friend, relative or peer. Be direct about what you are willing to do for others. Don't take part in gossip.

ARIES (March 21-April 19) - Your help will be pivotal. Keep up the excellent work, and don't hesitate to take what's yours. An unexpected change may daunt you at first, but the result will be better than anticipated.

TAURUS (April 20-May 20) - Protect against injury and illness. When you need answers, go directly to the source. Sign up for classes or events that will broaden your outlook and help you make the most of your talents.

GEMINI (May 21-June 20) - Turn on the charm, pump up the enthusiasm and make things happen. How you go about your business will interest someone who may also want to take advantage of you. Don't be too quick to give away your secrets.

CANCER (June 21-July 22) - Listen and

WEDNESDAY, JANUARY 25, 2023

## The quandary still causes uncertainty

By Phillip Alder

It is a question that has been asked at least a zillion times: You have an eight- or nine-card major-suit fit but two balanced hands; when should you play in no-trump and when in the major?

There is no simple answer, but in general you play in the suit when your values are minimal, in no-trump when you have points to spare for your contract and all suits well held.

The advantage of the suit contract is that - hopefully - you exercise trump control. The plus in no-trump is that you may have another source of tricks available when a bad trump break would kill the suit contract.

In the auction of this deal from a duplicate, four clubs and four diamonds were control-bids. South used Roman Key Card Blackwood to learn that the spade queen was missing. He then did well to select six no-trump as the final contract.

Almost every South was in six spades. Most of them were nervous that the opening heart lead was a singleton, so they immediately cashed the spade ace. Now there were two unavoidable trump losers.\*

North		01-25-23	
♠	K 10 6		
♥	7 6 3 2		
♦	A K 3		
♣	8 6 5		
West		East	
♠	Q J 9 5	♠	—
♥	J 10 9 8	♥	5 4
♦	9 4	♦	10 8 7 6 5 2
♣	J 7 4	♣	Q 10 9 3 2
South			
♠	A 8 7 4 3 2		
♥	A K Q		
♦	Q J		
♣	A K		
Dealer: South			
Vulnerable: East-West			
South	West	North	East
2♣	Pass	2♦	Pass
2♠	Pass	3♠	Pass
4♣	Pass	4♦	Pass
4NT	Pass	5♥	Pass
6NT	Pass	Pass	Pass
Opening lead: ♥ J			

In six no-trump, there was no risk of a ruff, so the declarer could try a safety play in spades. After winning trick one, he led a low spade toward dummy and, when West played the five, he inserted the 10. Here, the spade 10 took the trick, and declarer claimed, conceding one spade trick to West. If the spade 10 had lost, the two extant spades would have fallen under the king and ace. South's contract was assured.