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WEDNESDAY, DECEMBER 19, 2018

Province invests \$10M to renovate 15 arenas and curling rinks across Quebec

Record Staff

The Quebec government is investing more than \$10 million to renovate 15 arenas and curling clubs in the coming years to provide the public and athletes with safer and more modern facilities.

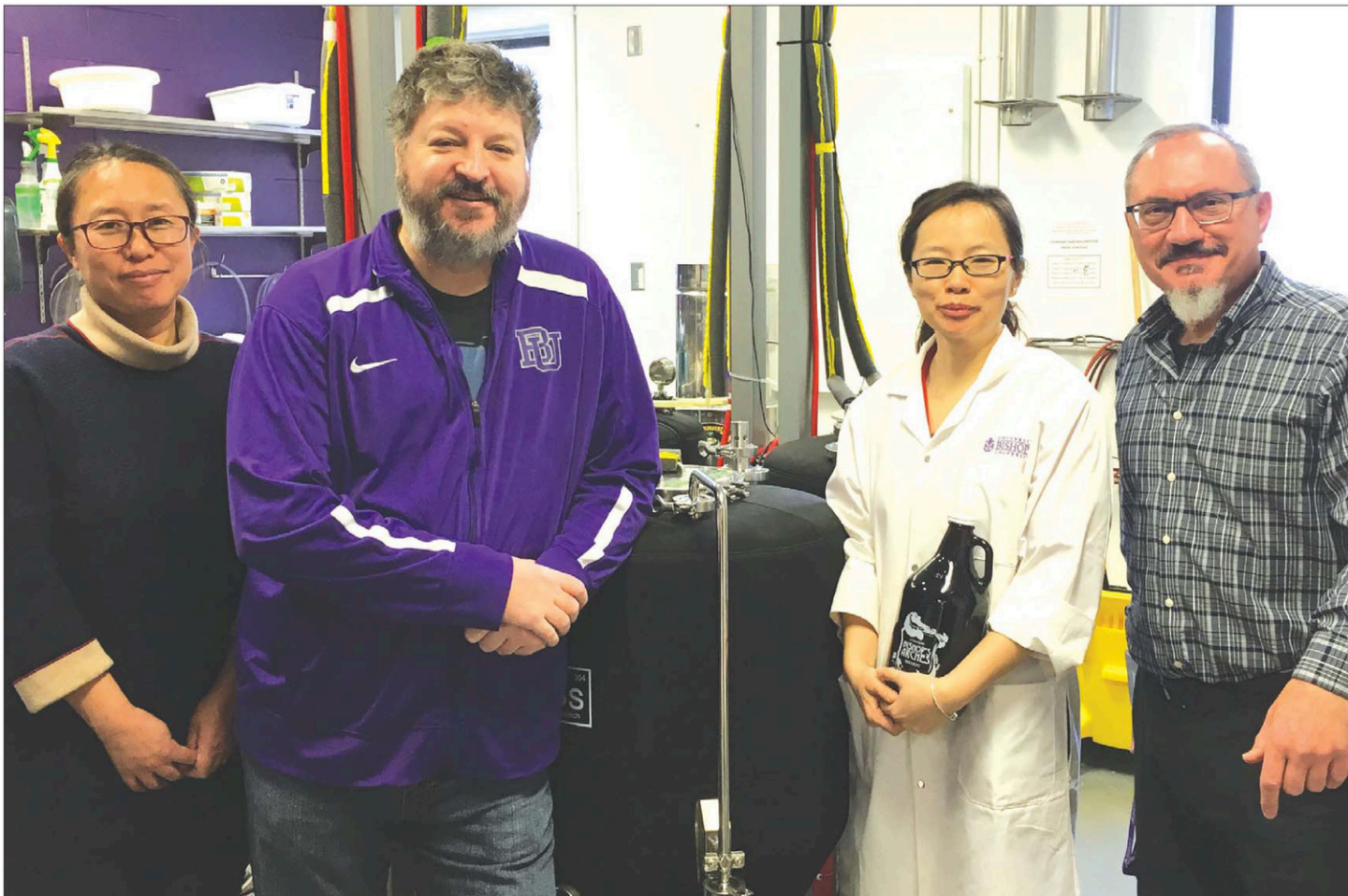
Minister of Education Isabelle Charest made the announcement on Tuesday during her visit to the Magog Curling and Social Club, one of the clubs benefiting from the program.

"My priority, as Minister for Education, responsible for sport and recreation, is the democratization of sport, and this means ensuring the widest possible access to sports and leisure infrastructure for the entire population," said Charest.

The program is part of the Fund for the development of sport and physical activity. It is intended for municipal, school or non-profit organizations for work to be completed by December 31, 2020.

To date, nearly \$101 million has been invested for the completion of 140 projects.

On the pursuit of hoppiness: Bishop's Arches Brewery beer to hit the shelves



EMILIE HACKETT

From left to right: Yanping Chi, potential student, Dr. Dale Wood, student Yang Qiu, and Giovanni Venditti, brewing assistant, pose in the newly renovated Arches brewery.

By Emilie Hackett Special to the Record

Craft beer fanatics will soon be able to purchase Bishop's Arches Brewery products in Lennoxville at the Provigo Robert Lafond.

"We're hoping to get our stock out on the shelves in the beginning of the new year," said Dr. Dale Wood, the founder of the Bishop's University brewing science graduate program.

Bishop's got its first taste of brewing science nearly ten years ago, when Dr. Wood offered a spring course designed for non-science students, which became an instant hit.

veloped what would become Eastern Canada's first academic brewery, opening in Fall 2015. The graduate certificate, a one-year, full-time program, began in Fall 2016.

The Arches' beer has slowly made its way into the Lennoxville community over the years. For now, it can be purchased at the Brewery, in the Johnson Science Building, and is on tap at the Gait (the university's student pub), the Golden Lion Pub, and the Boquébière in downtown Sherbrooke.

The program has gained notoriety on the international level as well, as shown

by Yang Qiu, a student who travelled from China to complete the certificate.

"We really haven't recruited internationally so it's truly amazing to have students like Yang around. She googled 'brewing science' and we popped up. Now she's here!" exclaimed Wood, proudly. He added that they have also received applications from students in India and Eastern Africa.

Wood gave great praise to his brewing assistant, Giovanni Venditti, without whom none of the production would be possible. Venditti applied to the program after over 35 years in the

CONT'D ON PAGE 5

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Weather



TODAY:
MAINLY
SUNNY

HIGH -5
LOW -9



THURSDAY:
SUNNY

HIGH 3
LOW -6



FRIDAY:
RAIN/FREEZ-
ING RAIN

HIGH 10
LOW 6



SATURDAY:
RAIN

HIGH 6
LOW -9



SUNDAY:
CHANCE OF
FLURRIES

HIGH -4
LOW -14

HAND-IN-HAND

Christmas with Lennoxville and District Community Aid

Clients and volunteers of Lennoxville and District Community Aid were all invited to celebrate Christmas at a dinner held on December 6th at the A.N.A.F. Unit #318 (a.k.a. "The Hut"). A delicious lunch was prepared and served by the Ladies Auxiliary of the Hut to approximately 150 guests. Carols were sung and gifts were drawn and a great time was had by all!

The dinner proved a great opportunity for some seniors to have a special Christmas celebration with friends, but also serves as the only Christmas celebration for some of those in attendance, making it an extra important activity every year.

This Friday the community aid group will serve the special meals on wheels Christmas dinner to our clients in Lennoxville

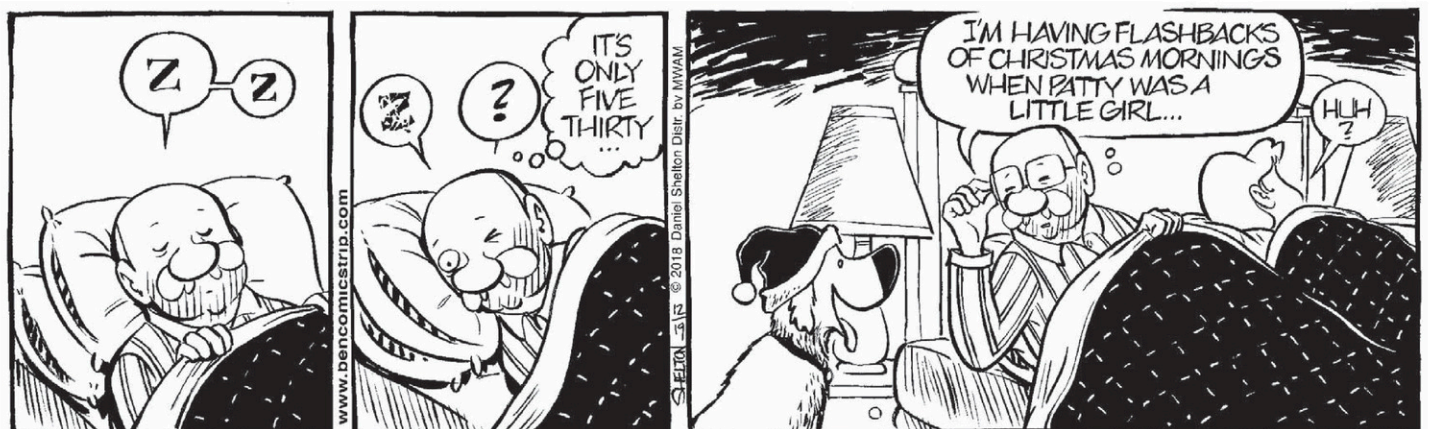
Thank you to our volunteers who will help prepare the meals and others who will deliver the meals at home with their cheerful smiles!



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Ben by Daniel Shelton



LOCAL NEWS

The album was funded in part through crowd funding, and Brink felt the stress of having to postpone providing the finished product to supporters.

Tim Brink's new album hot off the presses

This is Ours can now be yours

By Matthew McCully

Well-known local singer songwriter Tim Brink is finally in possession of his long-awaited debut solo album, *This is Ours*.

Fans can pick up a hard copy at a number of outlets in the Townships. The official launch and digital release of the album on iTunes will happen this coming February.

"It's pressed and ready," the singer said, earlier in the week, plotting the course to get the delivery of CDs from the manufacturer in Ontario to the Townships.

"It was quite the network of people helping to get it here," Brink said.

At 3 p.m. the album was in Scarborough. It was then scheduled to get here via stops in Oshawa and Toronto, thanks to a pickup from Brink's brother.

While Brink has participated in the making of seven albums with different bands, *This is Ours* is his first solo endeavor.

According to Brink, the album involved a big learning curve and he had to overcome a lot of obstacles to reach the finish line.

"There was nothing easy about this album," he said.

"It's three years late," Brink explained.

While things were rolling smoothly in the beginning phases, the project was

put briefly on hold during Brink's appearance as a contestant on the French television singing competition *La Voix*.

He suffered a burnout after the show, and then had trouble getting his voice back in shape.

"I started feeling like it would never happen," Brink said.

The album was funded in part through crowd funding, and Brink felt the stress of having to postpone providing the finished product to supporters. When out in public he was often asked when the album would be finished.

Eventually, Brink's voice improved to a point where he felt comfortable going back into the studio.

"It was time to bring this music to light and get it out there," he said, explaining that some of the tracks on the album are songs he has been singing for 10 years.

"There was a big learning curve," Brink said. Aside from the vocal issues and all of life's twists and turns, Brink explained that recording an album as a solo artist was very different from his experiences recording as a band.

"I had to do everything from A to Z," he said, responsible for corralling the musicians, booking studio time and making all the creative decisions.

"I learned what not to do for the next album," he joked.

While he described the recording experience as 'really bad luck from begin-

ning to end', Brink said that ultimately he is happy with what he has created.

"It sounds like the idea that I had in my head years ago," he said, proud of the final product. As far as the bad luck along the way, he said, "every experience is a good experience."

Among the silver linings, Brink was especially pleased to have met Lily Kobelt, who sings backup on the album.

"I'm really happy to have found here," he commented, explaining that their voices compliment each other.

The other musicians featured on the album include Dominique Massicotte on rhythm and lead guitar, Jean-Francois Leclerc on keyboard, Julien Thibault on cello and bass, Simon Bilodeau on drums and Kim Greenwood, who plays lead guitar on the track 'Babe I Love You.'

The album art was drawn by Townships artist Trevor Mckinven.

When asked about the significance of the album title 'This is Ours', Brink said it was a reference to the connection that music creates between performers and an audience.

"You can be the best musician in the world, but if you don't have the energy of the people in front of you, it doesn't matter," Brink said.

"This album is for me, and for the people listening," the singer explained.

"When everyone's into it, this is ours, this is our moment."

Brink said in the coming days he will



COURTESY

set up some pickup points in the area for his Kickstarter supporters and fans who would like to buy the new album.

In Lennoxville, they are available at Shalimar Restaurant and Black Cat Books, he said.

More information about where to pick up the album and upcoming launch plans will be on his Facebook page.

The Township of Melbourne recognizes Raymond Fortier's commitment to his municipality



PICTURE COURTESY OF CINDY JONES, DMA MUNICIPALITÉ DU CANTON DE MELBOURNE

On November 29, the Township of Melbourne recognized the commitment of Mr. Raymond Fortier to his municipality. The Township of Melbourne offered Mr. Fortier a congratulatory plaque highlighting his dedication, but above all to show him the community's gratitude and appreciation of his involvement as a municipal councillor for the last 25 years. Twenty-five years of commitment, especially in the municipal field, is an accomplishment of which he can be proud. Fortier is seen here in the centre holding his plaque with Mayor James Johnston, surrounded by the rest of the municipal council: Daniel Enright and Simon Langeveld on the left and Lois Miller, Douglas Morrison, and Jeffrey Garatt on the right.

Christmas for you

Join us for Carols and Christmas Dinner

our gift to you

on Tuesday, December 25

11 a.m. to 1 p.m.

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

at Hope Community Church

corner of Queen and College, Lennoxville.

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email info@hcclennoxville.ca or facebook.com/hcc.lennoxville

Everyone welcome.

No charge - "our gift to you."

THE PET CONNECTION



Jen Young

of our animals are sponsored for Christmas morning and for those who are without a package with their name on it, I would fill in as Santa to make sure that everyone gets their own gift. This year though, I will not have to fill in for anyone. Absolutely everyone has a sponsorship gift with their name on it. But, here's where it starts to get amazing. Once our list was completely filled with hearts, more sponsors continued to come forward and want to give another day of a surprise. This continued to happen until every single one of our guys were sponsored twice! Which means that the surprises I would normally give on New Year's morning were all already earmarked for every single one of them. But, as if that was not enough to fill my heart with so much happiness and love, sponsors continued. They are still continuing. People have continued to sponsor and many of our animals now even have a THIRD gift, which I will give to them on the morning of the 28th. It's indescribably wonderful. Our animals have always been shown a little extra love during the holidays, but this will be the first year that our animals are spoiled. It makes me happy because these guys all deserve to be spoiled. They are good dogs. Good cats. They just haven't been lucky enough to find their perfect match in humans. I believe everything happens for a reason and when their perfect families find them, they will finally get what they deserve, but for now, for most of them, we are their family. They have to go without the little surprises of goodies often because we just can't afford to do more than we already do for them, but this Christmas, they definitely will not go without. They will all get the spoiling they deserve, the spoiling they would get if they were already in their forever homes. And that is thanks to all of you who care about all our little precious faces. Each one of them, as different as they all are from each other, is precious and unique and deserve as much holiday spoiling as our animals at home do.

This will be our last Pet Page of 2018. In fact, we will be back on January 16th. So, this is my opportunity to reach out to all of you reading this and say thank you. Thank you for caring. Thank you for supporting what we continue to try to do ourselves, save as many lives as we can. Thank you for understanding our limits and helping us rejoice in our ac-

complishments. Thank you for sympathizing with our tribulations and heartbreaks. This year seems like it lasted longer than normal, but yet, at the same time, went by so incredibly quickly. If I sit here and seriously think back over this year, my heart hurts for the losses we suffered, my heart sings for the successes we accomplished, but my heart is filled with warmth knowing that many of you started this year by reading our page and stayed with us all the way through. To all of you who stayed with us all year, throughout all

the years we have been attempting to do what we can, I wish you a very Merry Christmas, the happiest of Holidays, and a wonderful healthy and happy New Year.

I raise a glass to all of you as I say "Cheers to the lives we have saved. Cheers to the lives we weren't able to. And, Cheers to all the lives we hopefully will continue to help next year."

God bless
Jen

ALL our animals available for sponsorship

- | DOGS | Cats |
|----------------------|--------------------------|
| 1-Poncho | 1-Milagro |
| 2-Thunder | 2-Donnie ADOPTED |
| 3-Shadow | Danie ADOPTED |
| 4-Borris | 3-Danielle |
| 5-Dillinger | 4-Danika ADOPTED |
| 6-Naomi | 5-Darla |
| 7-Vance | 6-Donatello |
| 8-Hershey | 7-Dante |
| 9-Jack | 8-Morty |
| 10-Diva | 9-Bageera |
| 11-Odie | 10-Megalie |
| 12-Lars | 11-Bishop |
| 13-Damon | 12-Becky |
| 14-Candy | 13-TOM |
| 15-Whiskey | 14-Tricotte |
| 16-Tony | 15-Gracie |
| Buddy ADOPTED | 16-Tigger |
| 17-Ginger | 17-Ella |
| 18-Charlie | 18-Spencer |
| 19-Madison | 19-Bob |
| 20-Quinn | 20-Jessie |
| 21-Tasha | 21-TRAMSY |
| 22-Loki | Dylan ADOPTED |
| 23-Kojack | 22-Lilae ON TRIAL |
| 24-Roscoe | 23-Pursia ADOPTED |
| 25-Angus | 24-Clochette |
| 26-Spike | 25-Missy |
| 27-Deardra | 26-Snow white |
| 28-Sheeva | 27-Joliette |
| ★ 29-Shaina | 28-Waro |
| ★ 30-Shayla | 29-Warren |
| 31-Kiki | 30-Wilma |
| | 31-Smokey |
| | 32-Maya |
| | 33-Maria ADOPTED |
| | 34-Luna |

This page is provided by Blue Seal - The Animal Nutrition Centre and The Pet Connection.

Merry Christmas and Happy New Year.



1730 Wellington Street South Sherbrooke 819-348-1888 blueseal@agrianalyse.com

Two Sherbrooke companies benefit from Canada Economic Development fund

Record Staff

Équipement NAD Inc. and Les Ateliers B.G. ; two growing small or medium sized businesses in the Eastern Townships will receive repayable contributions totaling \$425,000 from Canada Economic Development for Quebec Regions (CED), a program focused on encouraging innovation and inclusive growth by targeting projects with significant economic benefits, and acting as a facilitator in bringing together the right partners for a given project.

Meanwhile, Les Ateliers B.G., a company specializing in precision machining, welding, painting and assembly for the industrial market, will receive \$275,000 in financial assistance to equip itself with robotic welding and handling equipment. This project will enable the company to improve its performance, improve its productivity, increase its production capacity and eventually create 10 jobs.

By carrying out their respective projects, the two companies expect that they will generate total investments of over \$1.1 million and create 17 new jobs in Sherbrooke.

“Our government’s action will contribute to job creation and economic growth in our region,” Bibeau said. “The funding announced today for these two Sherbrooke SMEs reflects our commitment to support businesses that help grow the economy and foster prosperity in all regions of Quebec.”

To find out more about the CED and its priorities visit www.dec-ced.gc.ca.



COURTESY

From left to right, Mr. Julien Lachance, Councillor and Deputy Mayor of Sherbrooke, the Hon. Marie-Claude Bibeau, Member of Parliament for Compton-Stanstead and Minister of International Development, Daniel Lauzon, President of NAD Equipment and Mr. Jacques Bélanger, General Manager of Les Ateliers B.G.

Arches Brewery

CONT'D FROM PAGE 1

pharmaceutical industry and was part of the program’s first cohort.

“I teach the business aspect of brewing science while Dale focuses more on the scientific aspect,” Venditti said. “The key is to make sure that the students leave with a comprehensive understanding of brewing science and business,” he added, explaining that Students must have completed a B. Sc. in Chemistry, Biology, or Biochemistry to apply to the program.

The Brewery boasts a dozen different flavours nearly every week, with original flavours crafted by the students.

“In the first semester, each student helps brew the recurring, staple beers, but they are also encouraged to come up with their own flavour. It is crucial in an academic-meets-commercial context to also be consistent and offer our customers the same beer every time,” explained Wood, adding that by the second semester, each student creates one or two original flavours.

“Our goal is to prepare our students for the craft and commercial brewing industry. For now, we have been doing great, as we have a 100 per cent employment rate with our graduates. We have a student who now brews in Japan, and one of our alumni, Jordan MacNevin, has even opened a brewery down in the Cayman Islands,” observed Wood.

“All the equipment that we have here at the brewery is what they will find in bigger breweries. Despite being the smallest brewery in Canada, all our equipment meets the industry standards. Our graduates will know what they’re dealing with,” mentioned Venditti. He also referred to the renovations done in the science building over the summer: “We have much more space, better equipment, and we even have a greenhouse now. The students will be able to use the hops that we grow on our own.”

Wood contends that craft brewing is an industry that is growing exponentially, perhaps at a faster rate than any other industry in North America. “We don’t want to saturate the market with semi-qualified graduates,” he said. “We want them to be contributing in a meaningful way to the craft brewing industry. That’s why we only take a dozen students and give them the best possible education possible. We shape potential scientifically educated brewers and brewing analysts in the craft and industrial brewing sectors.”

The Arches Brewery, located on the Bishop’s campus in room 214 of the Johnson building, will be open from 9 a.m. to 5 p.m. until Dec. 21, when the students will leave for the holidays. To see their full selection please visit www.facebook.com/BUarchesbrewery.



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EDITORIAL

No matter that you never got a chance to tell them I don't exist. Most children come to that conclusion themselves.

The science of saying goodbye to Santa

By Jim Davies
Professor, Institute of Cognitive Science, Carleton University

Dear Parent,

Santa here. I know this season has been hard. Your eight-year-old looked at you baldfaced and said I wasn't real. How can this be? Is the innocence and magic already gone? It seems like just yesterday they were so easily convinced that crumbs on the plate were irrefutable evidence that I'd been there. And they have no respect for how hard I work to make my handwriting look just like yours!

No matter that you never got a chance to tell them I don't exist. Most children come to that conclusion themselves.

But don't worry about your kids too much. Coming to disbelieve in Santa is not particularly distressing for them. You, like many parents, are actually sadder than your kids are about it. And they probably won't blame you for having told them I exist, either. Kids who no longer believe in me think that other kids should be encouraged to.

Research suggests not many children over the age of seven-and-a-half believe in Santa.

And a little happiness can't hurt, particularly in light of evidence that people are less happy around Christmastime, (with the exception of devout Christians).

Parenting is tough these days. I don't get a lot of news up here in the North Pole, though we've gotten a lot more since Mrs. Claus talked the elves into using pixie-dust to make a rocking horse that functions as an Amazon Echo. But from the little news we get, we can tell that people are super-judgmental about every decision you make, including your decision to (or not to) tell your kids to believe in Santa Claus.

Some Christians think Santa strengthens consumption as religion. Indeed, like the gods of religions, I do have "strategic knowledge" about what your kids do that is good and bad, paying more attention to moral issues than anything else (I don't pay any attention to you, parents, so don't worry about clearing your browser history, ho ho ho!). But the similarity of believing in me to believing in the gods of religions is tenuous, because I have failed to attract a substantial community of true believers.

Your skeptical kids are not alone. Not many people over the age of seven-and-a-half believe in Santa Claus.

Some think that telling kids about



me is lying, and destroys trust, but there's no evidence that that happens. In fact, there isn't any scientific evidence that believing in me is harmful in any way.

But belief might have some benefits: kids are more generous after talking about me (versus when they talk about pets or the Easter Bunny). But it's unclear whether bringing up Santa promotes good behaviour.

So if your kids stopped believing, or if they never did, it probably doesn't matter much either way. But don't be

too sad. Just because a sleigh ride ends doesn't mean it wasn't fun, does it?

Merry Christmas to all, and to all a good night,

Santa Claus

Jim Davies does not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and has disclosed no relevant affiliations beyond their academic appointment.

Common waste collection in downtown Magog

Record Staff

To ease the collection of residual materials during work planned for downtown next year, the City of Magog will test a pilot project designed to carry out consolidated waste collections from merchants and residents of the area.

Disturbances surrounding the rebuilding of Principale St. will be many and this is just one of many examples. Since the work planned over several

months will prevent the movement of vehicles at times, the Municipality had to find a solution so that the collection of waste can still be done.

It has therefore agreed to install common bins that can be used by both downtown businesses and citizens living there. Twelve drop off points have been identified between Sherbrooke St. and Merry North and at each location there will be two containers (waste and recycling) and a compost bin. The latter will be equipped with wheels to facilitate

use.

The City is aware that this change will require a period of adaptation. To ensure that sorting is respected, users will be assisted in the process. "There are goals behind this approach. For example, we want to achieve a recovery rate of at least 70 per cent, which is still a lot. Our desire is also to increase the amount of organic matter. By grouping the collections in this way, we will reduce the number of trucks and, by the same token, greenhouse gas emissions," explained President of the Advisory Committee on the environment Diane Pelletier.

For the first year, the containers will be placed temporarily. However, if re-

sults are conclusive and the locations chosen are appropriate, the containers will be installed in such a way as to limit the visual impact. "They will probably be half buried, like those next to the new ambulance barracks. We looked at burying them completely, but it's much more expensive. With the semi-buried method, it is possible to make small arrangements for it to be cleaner. But obviously, it's still containers and not flower boxes," Pelletier said.

The project will cost \$94,000 and a grant application for \$44,000 has been submitted to the Federation of Canadian Municipalities. For 2019, the bill will be entirely assumed by the City.

Letters

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

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Local Sports

Meanwhile, the Winnipeg Blue Bombers signed two of their 2018 draft picks - offensive linemen Matthew Ouellet De Carlo and Ben Koczwara.

Ottawa Senators owner Melnyk facing counterclaim for more than \$1 billion

The Canadian Press

The battle between Ottawa Senators owner Eugene Melnyk and business partner John Ruddy over a proposed new downtown arena has escalated.

Ruddy and Trinity Development Group Inc., are seeking more than \$1 billion in damages from Melnyk and Capital Sports Management Inc., after filing a counterclaim on Tuesday.

Last month, Melnyk filed a \$700-million lawsuit against Ruddy, Trinity and others after the two sides couldn't come to terms on a plan to redevelop land at

LeBreton Flats, which was slated to include a new NHL arena as well as other developments.

In the counterclaim, Trinity calls Melnyk's lawsuit "meritless" and says "the claim against John Ruddy is especially scandalous."

It goes on to say "CSMI's and Melnyk's true aim is to have the City of Ottawa or Trinity fund and build the \$500 million Event Centre for the Ottawa Senators hockey team, with the Senators getting 30 years' free rent. CSMI also wants the valuable naming rights and an unreasonable degree of control over the Le-

Breton project."

Melnyk's group, in its lawsuit, claimed Trinity was developing an adjacent property that was in direct competition with LeBreton.

The National Capital Commission, the crown corporation that controls the land at LeBreton, said last month that the Melnyk-Ruddy RendezVous LeBreton group had until January to resolve internal partnership issues, or it would look for other options to develop the site.

Ruddy, in a statement, said he hopes to continue working on LeBreton.

"Let me be clear, I am committed to moving this project forward," he said. "The vision we've brought forward is the right one. I will work with the NCC, the City of Ottawa, and the community at large to advance solutions that will make this project a reality, and avoid losing these important lands for another generation."

The Senators currently play in the Canadian Tire Centre in Kanata, well outside the Ottawa downtown core.

Evans signs extension with Saskatchewan Roughriders

The Canadian Press

Regina native Zack Evans is staying home after signing a four-year extension with the Saskatchewan Roughriders.

The six-foot-four defensive lineman began his second stint with the Roughriders in 2018 after signing with the club in the off-season. Evans originally left the Roughriders in 2013 when the Ottawa Redblacks selected him in

the expansion draft.

The 28-year-old Evans started all 18 games last season, registering four fumble recoveries, one touchdown, one sack and 15 tackles.

Evans has won the Grey Cup twice in his career, with Saskatchewan in 2013 and Ottawa in 2016.

The Calgary Stampeders also resigned a Canadian, coming to terms with 25-year-old linebacker Riley Jones of Mississauga, Ont.

The UBC product forced a fumble in Calgary's Grey Cup win over Ottawa this year.

"Riley has been an important contributor to our special teams since joining the club two years ago and he's certainly headed in the right direction when it comes to his work on defence," Stampeders president/general manager John Hufnagel said. "He will be in the mix at training camp to earn a bigger role on defence."

Meanwhile, the Winnipeg Blue Bombers signed two of their 2018 draft picks - offensive linemen Matthew Ouellet De Carlo and Ben Koczwara.

De Carlo played university football at Bishop's University in Sherbrooke Que., while Koczwara is a Waterloo product.

Elsewhere, the Edmonton Eskimos signed two Americans - defensive back Robert Priester and defensive lineman Damani Mosby.



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Death

Death

**Thelma PICKEN
(1957-2018)**



At the CIUSSS de l'Estrie - Hôpital de Granby, December 14, 2018, passed away Mrs. Thelma Picken, residing in South Stukely. She was the daughter of the late James Picken and the late Frances MacDonald.

She leaves to mourn her brothers and sisters: Stanley (Céline), Ruth (Bert), Wilson, Russell (Liz), Bernice, Richard, Roy, Evie (Bruce), Gladys (Bruno); her nieces and nephews: Jenny, Joey, James, Amanda, Celine Jr., Kathryn, Frances, James, Caitlyn, Kathleen, Nicole, Stephanie, Samantha, Felicia, Colleen, Crystal, Michael, Matthew, Cassandra, Mitchel, Tiffany, Alfred, Casey.

Godmother to many, including: Colby, Emma-Rose, Avery, Logan and many other relatives and friends.

The family wishes to thank the staff of the Hôpital de Granby for the good care given.

Cremation was held in Granby at Les Jardins Funéraires Bessette Crematorium.

The family will receive condolences at LES RÉSIDENCES FUNÉRAIRES BESSETTE IN WATERLOO, December 22, 2018 from 1:30 to 4:30 p.m. Funeral will be held in Spring as well as interment will be held at the South Stukely cemetery at a later date.

In lieu of flowers, donations to the Société canadienne du cancer would be appreciated. Forms will be available at the funeral home or on the website www.cancer.ca/fr-ca/?region=qc.

LES RÉSIDENCES FUNÉRAIRE BESSETTE PHONE: 450-539-1606
5034 Foster St., Waterloo QC FAX: 450-539-3035
www.famillebessette.com Member of the C.T.Q.

Datebook

WEDNESDAY, DECEMBER 19, 2018 Jake Gyllenhaal (1980-), actor.

Today is the 353rd day of 2018 and the 89th day of autumn.

TODAY'S HISTORY: In 1777, the Continental Army under George Washington set up winter quarters in Valley Forge, Pennsylvania.

In 1932, the first BBC World Service radio broadcast aired, as "Empire Service."

In 1998, the U.S. House of Representatives voted to impeach President Bill Clinton.

In 2011, North Korea announced that dictator Kim Jong Il had died two days earlier.

TODAY'S BIRTHDAYS: Carter G. Woodson (1875-1950), historian; Leonid Brezhnev (1906-1982), Soviet leader; Jean Genet (1910-1986), author; Edith Piaf (1915-1963), singer/actress; Al Kaline (1934-), baseball player; Richard Leakey (1944-), paleoanthropologist; Robert Urich (1946-2002), actor; Reggie White (1961-2004), football player; Criss Angel (1967-), magician; Tyson Beckford (1970-), model; Alyssa Milano (1972-), actress; Warren Sapp (1972-), football player;

TODAY'S FACT: The first American president to be impeached by the House of Representatives was Andrew Johnson in 1868.

TODAY'S SPORTS: In 1980, Brigham Young University's football team, down 20 points with three minutes to play, staged an improbable comeback to defeat Southern Methodist University in the Holiday Bowl, 46-45.

TODAY'S QUOTE: "To achieve harmony in bad taste is the height of elegance." — Jean Genet, "The Thief's Journal"

TODAY'S NUMBER: 12 — astronauts in the Apollo program who set foot on the moon's surface. The last manned lunar flight, Apollo 17, returned to Earth on this day in 1972.

TODAY'S MOON: Between first quarter moon (Dec. 15) and full moon (Dec. 22).

Taking a break from exercise may be detrimental to your health



ASK THE DOCTORS

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

Dear Doctor: I'm 35 years old and a regular exerciser. Sometimes, though, when I'm on vacation or just want to veg out, I need a break. Now I'm hearing that this is really bad for your metabolism, especially as you get older. Seriously? Taking a couple of weeks off really makes that much difference?

Dear Reader: We're sorry to rain on your hammock time, but the newest research suggests that yes, taking as little as a two-week break from your regular exercise routine has negative health effects for older adults that can be long-lasting. This new insight comes from two recent studies that looked at what happened when physically active adults stopped exercising, even for a short time. Among the ill effects was a rise in blood sugar levels, a drop in insulin sensitivity and weight gain. As though that wasn't enough bad news, it turned out that even after the study participants returned to their regular exercise regimens, the metabolic changes were slow to fully reverse.

A study conducted by researchers from the University of Liverpool in England looked at a group of 45 men and women between the ages of 24 and 50 who were quite active. They each walked more than 10,000 steps per day, did not have diabetes and were metabolically fit. When the study participants were asked to suddenly cut down on their exercise and begin sitting for at least 3 1/2 hours per day, their metabolisms changed. Over the course of the two weeks that the participants slowed down — their activity monitors logged under 2,000 steps per day — their blood sugar spiked, they showed signs of insulin resistance, and their blood lipid results started to become distinctly less healthy. Not only did they lose muscle mass in their legs, they gained fat around their middles. Although most of them recovered their lost ground

when they began to exercise again, several of the participants showed ongoing signs of insulin resistance.

A second study from Canada's McMaster University focused on adults aged 65 and older. In that study, the participants were also active, walking between 7,000 and 8,000 steps per day. However, in this case, they all had elevated blood sugar levels, which put them at risk of developing Type 2 diabetes. As with the Liverpool study, these adults were asked to drastically reduce their activity levels to below 1,000 steps per day, and to spend several hours sitting.

They suffered the same ill-effects as their younger peers, but more quickly and more severely. In fact, the sudden lack of exercise pushed some participants dangerously close to developing Type 2 diabetes, and they had to stop their participation in the study. Another difference between this group and the younger participants is that even after resuming normal activity for two weeks, most had not made up the metabolic ground lost to their enforced inactivity.

Yes, these are small studies, and more research is needed. But based on conclusions thus far, it appears that when we stop being active for weeks at a time, we pay a significant price.

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.

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: clasad@sherbrookerecord.com - They will not be taken by phone.
DEADLINES FOR DEATH NOTICES:
 For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
 For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

Joan

65th Wedding Anniversary

Lawrence

Joan and Lawrence Dougherty

65 years ago on December 19 our parents Joan (Hodge) and Lawrence (Dougherty) were married. The family grew to include 6 children: Rob, Randy, Ricky, Karen, Shelly and Tracie and then came the 12 grandchildren, and the 16 great-grandchildren.

There have been many ups and downs through the years but at the same time the years have been filled with much happiness. No matter what though, we knew that our parents were there to help in any way they could.

65 years of marriage is quite an accomplishment and is something to celebrate. We love you Mom and Dad.

**Hugs and Kisses
from your family**

Time Hawk

Dear Annie

WEDNESDAY, DECEMBER 19, 2018

Dear Annie: I don't want to continue to let two of my friends steal my time. One friend is the worst when it comes to this. She calls me at least twice a week. I believe that her husband does everything in the house — cooking, shopping and all the driving — because she has plenty of time to talk on the phone. This friend calls several other people, one after the other. I have told her I am always busy. I have a lot of grandchildren and great-grandchildren. I love them and care how they are doing. We call each other for a few minutes. We love to spend time with each other. I live alone. I cook, shop, do volunteer work once a week, read a bunch, watch a little TV, send get-well cards to the sick, see whether they need anything, etc. I have friends where I volunteer. I have friends at church. Time is so valuable. I like my time to count each day. I want to tell her she should call her grandchildren, read a book, watch a little TV. She shouldn't just sit on the phone. I am old — older than she is. I may not be here tomorrow. Is there something wrong with me that I want my time to count?

It seems this one lady takes a lot of people's time. Doesn't she realize people are busy? I don't want to hear from her twice a week. I just don't. If she needed help or had a problem, I would help. But she just talks aimlessly. I would like to hear from her maybe once a month. Help! — No State, No Name

Dear No State, No Name: Our time is our most precious resource, and you're wise to guard yours. But your friend is most likely lonely, so try not to let annoyance eclipse compassion when speaking with her about this issue. In a positive tone, share

with her how time-consuming your daily routine, community activities and family relationships are, and let her know you're planning to spend more energy focusing on those things. Tell her you won't be around to talk so often but you'll still be thinking of her and be around if she needs you for anything serious. If she continues to call you just to pass the time, that's all right; you don't have to answer, and you don't have to feel guilty or angry about it, either.

Dear Annie: I just read the letter from "Put-Out Neighbor," whose neighbor's cats keep spraying on her property even though she's tried just about everything to deter them. I have two more ideas for her to try. She could buy motion-activated sensors that trigger water to spray or a horn to sound. She could aim this around the problem areas. I saw this on "My Cat From Hell," and it worked well. It didn't take long for the cats to steer clear. Another idea for her inside cats is to use sight blockers so her cats cannot see the cats outside. I hope this helps. — A Fellow Cat Person

Dear Fellow Cat Person: I hadn't heard of any of these tricks! It sounds as if "Put-Out Neighbor" is ready to try anything to solve this problem, so I imagine she will give these a go. Thank you for writing.

"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.



2018 Babies!



Proud parents, grandparents, aunts and uncles, show off your pride and joy in our "Babies of 2018" edition of The Record to be published on January 11, 2019.

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

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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.

" H PYYDE AJ NDEYPEAXGWD XO
NEXJDE YPE OPADPGD H'BD LPEUDS
LHRC XO XG XWRPE PE OPADPGD LCP
CXO SHDS." — MHXA GDDOPG

Previous Solution: "You get older, and you're either unsuccessful and you wonder why, or you're successful and you wonder why." — Ethan Coen

TODAY'S CLUE: 1 1984b R

REALITY CHECK

WINE + ONLINE SHOPPING =

BEING YOUR OWN SECRET SANTA

FOR ME? WHAT DID I GET MYSELF?

TAX, CARLA!

12-19 WAMMAD

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HERMAN

HERMAN

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"Looking at you, I'd guess your wife doesn't have exceptionally good taste!"

ALLEY OOP

ALL RIGHT, TELL ME ABOUT THIS FALL YOU HAD!

I FELL!

MAYBE I SHOULD EXPLAIN, SINCE ALLEY CAN'T REMEMBER MUCH ABOUT IT!

HE FELL FROM A CLIFF, LANDED FLAT ON HIS BACK, AND HE WAS DEAD FOR A COUPLE OF MINUTES!

DEAD?

12-19

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ARLO & JANIS

OH! ONE THING I FORGOT TO MENTION ABOUT DAD'S ARTIFICIAL CHRISTMAS TREE!

IT WAS ALUMINUM!!!

THE SAME STUFF B-52s DROP TO THWART RADAR-GUIDED MISSILES! IT WAS A SPACE-AGE TREE!

SOMEHOW, I THINK DAD SENSED HE'D HIT A HOME RUN!

Johnson 12/19

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THE BORN LOSER

MY SON WANTS A BIG BOPPER REMOTE CONTROL MONSTER TRUCK TOY FOR CHRISTMAS.

YOU'RE IN LUCK, WE STILL HAVE A FEW LEFT! THE PURCHASE PRICE IS ONE HUNDRED FORTY-NINE DOLLARS.

UH... HOW MUCH TO LEASE IT?

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FRANK AND ERNEST

SUPERHERO LOUNGE

HIS POWER IS BUYING THINGS IN LARGE QUANTITIES AT A DISCOUNT--- HE'S "THE BULK"!

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GRIZWELLS

AHEM! PAPA, I DON'T EXPECT A LOT OF STUFF FOR CHRISTMAS THIS YEAR, IS THAT OKAY?

IT'S PERFECT, FAUNA

WELL, THAT SURE BACKFIRED!

I WARNED YOU!

12/19

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THATABABY

THE CHRISTMAS COOKIES-BURNED!!

YEEK! THE GIFT WE WERE GETTING YOUR DAD IS NOW OUT-OF-STOCK!

GAK!! WE'RE OUT OF WRAPPING PAPER!

DING DONG!

IT SOUNDS LIKE SOMEONE NEEDS TO BE REMINDED OF THE TRUE MEANING OF CHRISTMAS.

PLEASE!

12/19

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BRAVE TRANSPORT INC. is seeking an Administrative Assistant for the beginning of January. Contact Chelsey for more information or send your cv to admin@bravetransportinc.com

FRESH LIVE NOVA SCOTIA LOBSTER delivered to you for Christmas! The lobsters will be delivered on December 21, 22 & 23. Deadline to order: December 19. Call 902-541-9177.

275 Antiques

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Selling or buying?

Spread the WORD!

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VILLE DE RICHMOND

IMPORTANT NOTICE

DATE CHANGE FOR GARBAGE AND RECYCLING PICK-UP SCHEDULED FOR JANUARY 1, 2019

NOTICE is hereby given, that the garbage pick-up (green bin), which was scheduled for Tuesday, January 1, 2019, will be picked up on Monday, December 31, 2018.

With regard to the collection of recyclable materials (blue bin), which was also scheduled for Tuesday, January 1, 2019, it will be picked up the following day on Wednesday, January 2, 2019.

Please note that all occupants of a building using one or more bins must place them on the edge of the street for 6:00 a.m. on the day of pick-up. It is forbidden to place a bin in the street before 7:00 p.m. on the day before pick-up.

RETURN TO NORMAL: TUESDAY, JANUARY 15, 2019.

GIVEN IN RICHMOND, this December 19, 2018.

Rémi-Mario Mayette, oma
 General Manager and
 Secretary-Treasurer

Find the right person for the job in advertising in

our Career Section

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

12/19

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PREVIOUS SOLUTION

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

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

Richmond 50+ December fun

Monday, December 3 found five tables of players gathered to play Military Whist despite the fact that the rain had turned to snow outside. No one admitted to being from the Dummy family. At the conclusion of the afternoon, high score with 31 flags was earned by the table of Hugh Lancaster, Bev & Ron Jones and guest Dave Savage. The table of Nicole Clark, Matty Banfill, Elizabeth Mastine and Lori Grainger took the low score. A delicious lunch concluded the afternoon.

On the 10th, six tables of players came out on a sunny afternoon for "500". Two players tied with a high score of 4600 points, but with the cut of the cards, the winner was Jeannine Lancaster with Norma Morin settling for second place. Helen Gallup earned low score. I heard that Tim's donuts were served. A card was signed for Evvie Banfill who is in hospital.

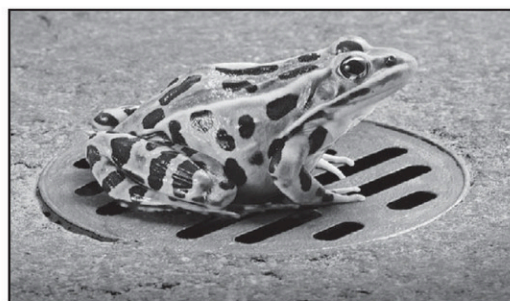
Monday the 17th found thirty-seven folks at the Church to celebrate Christmas with a delicious dinner - turkey and all the trimmings - a glass of wine and a variety of desserts. As everyone gathered to visit, punch was enjoyed. The dinner tables looked festive with Christmas decorations, a basket of foodstuffs and a poinsettia. At the con-

clusion of the meal, these articles were drawn for and chosen by Pat Jackson, Lorraine Crook, Olive Smith, Valerie Hodge, Sherley Provis, Vera Hughes, Marie-Paule Pariseau, Wellie Leblond and Jeannine Lancaster. Before the guests left and before playing Military Whist, a drawing on a beautiful hand-knit afghan, made by Nicole Clark, was won by Audrey Gunter. Games got underway at five tables and at the conclusion; top winners were the table of Matty Banfill, Freda Coote, Shirley Beasley and Marie-Paule Pariseau. The table with low score was that of Norma & Sylvia Morin, Vera Hughes and Nicole Clark.

That concluded the gatherings for this year. We wish to thank everyone who helped out in any way, especially the Record for publishing our events. Merry Christmas to all and a happy New Year.

Please be prepared to continue these activities in 2019 at the Richmond Melbourne United Church at 1:30 pm on Monday, January 7.

Submitted by
 Shirley Beasley and Jean Storry



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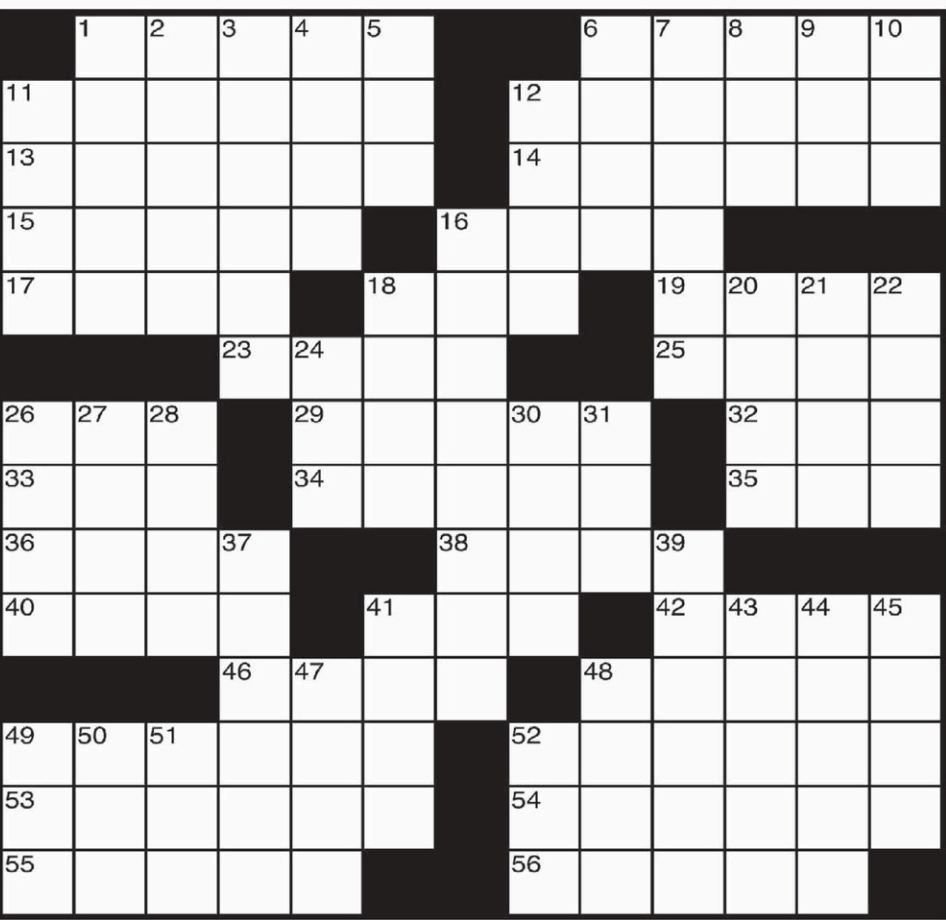
NEA Crossword Puzzle

Answer to Previous Puzzle



- ACROSS**
- 1 Winfrey of talk shows
 - 6 Durango dwellings
 - 11 Cause to expand
 - 12 On the double
 - 13 Makes nervous
 - 14 Deserved
 - 15 Gala celebrations
 - 16 Highway cruiser
 - 17 Three, in Toledo
 - 18 Folk song mule
 - 19 Weaponry
 - 23 Pack down
 - 25 Gaze at
 - 26 JAMA readers
 - 29 Cuddly pet
 - 32 Mr., in Bombay
 - 33 Moray
 - 34 Significant
 - 35 Urge
 - 36 Online auction site
 - 38 Part of MIT
 - 40 Noted star-seekers
- DOWN**
- 41 Hosp. areas
 - 42 Jewelry box catch
 - 46 Fashion magazine
 - 48 Dumps a lover
 - 49 Stringed instruments
 - 52 Humorous plays
 - 53 Oath
 - 54 Blackmail
 - 55 Wrongly
 - 56 Yucatan native
 - 1 Persian Gulf craft
 - 2 Dish
 - 3 Most unusual
 - 4 Cash dispensers
 - 5 "— a Rebel"
 - 6 Study late
 - 7 Pre-cable hookup
 - 8 Common ID
 - 9 Packed away

- 10 Put down grass
- 11 Senseless
- 12 Remove the rind
- 16 Deep blue gemstone
- 18 Particle of soot
- 20 Blushing
- 21 Longer
- 22 Injure a knee
- 24 Gl mail drop
- 26 Judge
- 27 "Fancy" singer
- 28 Foundry refuse
- 30 Not pencils
- 31 Cen. fractions
- 37 Harvests
- 39 Days in June
- 41 "What — could I do?"
- 43 Aluminum company
- 44 Prow opposite
- 45 Hey, you!
- 47 Ships' journals
- 48 Tokyo's space pgm.
- 49 Audit ace
- 50 Shade tree
- 51 Grass skirt go-with
- 52 Not masc.



Your Birthday

WEDNESDAY, DECEMBER 19, 2018

you look your best and add a little bling to your everyday style, it will make you feel good.

This could be an opportunity-filled year if you are practical in managing your money and spending habits. Refuse to let anyone handle your affairs or talk you into joint ventures or unreasonable propositions. Trust in yourself and your ability to improve your life.

GEMINI (May 21-June 20) — You'll be easily enticed into overdoing it. Whether it's taking on too much or being a spendthrift, it will not bring you the joy you hoped for. Stick to moderate behavior.

SAGITTARIUS (Nov. 23-Dec. 21) — Problems while traveling or dealing with authority figures will set you back due to delays and poor documentation. Settle in at home and prepare for upcoming events.

CANCER (June 21-July 22) — Put time aside for someone you love. Making special plans, enjoying a romantic evening and sprucing up your looks will all lead to a unique experience. An early gift will surprise you.

CAPRICORN (Dec. 22-Jan. 19) — Home is where your heart should be. Doing things with loved ones and agreeably taking part in family-oriented activities will make you feel good about life.

LEO (July 23-Aug. 22) — Don't let your emotions take the reins. If you make a fuss, your plans will backfire. You are best off partying with friends or picking up an impromptu surprise for someone.

AQUARIUS (Jan. 20-Feb. 19) — Be kind, humble and gracious, even when dealing with people you don't care for. Use intelligence and charm to put others at ease.

VIRGO (Aug. 23-Sept. 22) — Problems will mount if you let a situation escalate. Address any issue that arises and avoid a run-in that could ruin your day. Be considerate, but don't be someone's doormat.

PISCES (Feb. 20-March 20) — Collect an old debt or pay back someone you owe. Compromise will help make this a day to be fondly remembered. Stick to the truth and practice moderation.

LIBRA (Sept. 23-Oct. 23) — A celebration is a great idea, as long as you don't overdo it or invite co-workers. Try to avoid being talked about.

ARIES (March 21-April 19) — Count your money before you decide to spend it. Sticking to a budget will help you enjoy the spirit of the season without the worry and stress. Love doesn't have a price tag.

SCORPIO (Oct. 24-Nov. 22) — Touch base with people you may not get to see before the end of the year. Sharing ideas will lead to an interesting thought regarding how you can please a loved one.

TAURUS (April 20-May 20) — Feel the spirit of the season and get gussied up. If

WEDNESDAY, DECEMBER 19, 2018

Talk bringlish on defense too

By Phillip Alder

Two days ago, I reviewed "The Language of Bridge" by Kit Woolsey (Bridge Winners Press). It won Book of the Year from the International Bridge Press Association.

Woolsey has three world titles and 19 national championships to his name. He recommends analyzing using Bringlish: bridge English. He applies it to 11 chapters on bidding and one on defense.

In this deal from that last chapter's quiz, look at only the North and East hands. South is in four spades. After West leads the diamond queen, how should East plan the defense?

South might have rebid three no-trump, but that contract can also be defeated. His four-spade rebid is certainly textbook.

When dummy comes down, ask yourself from where you may get the tricks that you need. Here, East should hope that he and his partner collect two hearts, one diamond and one club. At first glance, that seems easy. South wins trick one, draws trumps and takes the club finesse. East wins that trick and underleads his diamond king to put West on play, and West shifts to a heart. What could possibly go wrong?

South should set a nasty trap for West

				North	12-19-18
				♠ Q 8 2	
				♥ K J 4	
				♦ 5 4 3	
				♣ A Q J 10	
West				East	
♠ 9 4				♠ 7 6	
♥ 10 6 5				♥ A Q 7 3	
♦ Q J 10 8				♦ K 9 7 2	
♣ 9 7 3 2				♣ K 5 4	
				South	
				♠ A K J 10 5 3	
				♥ 9 8 2	
				♦ A 6	
				♣ 8 6	
Dealer: North					
Vulnerable: North-South					
South	West	North	East		
		1♣	Pass		
1♠	Pass	1NT	Pass		
4♠	Pass	Pass	Pass		
Opening lead: ♦ Q					

by ducking the first trick. Then, if West leads a second diamond, he cannot get back on play for the critical heart lead. South will win six spades, one diamond and three clubs.

East must anticipate that sneaky duck by declarer, discouraging in diamonds by playing his two. Then, if West trusts his partner, he will shift immediately to a heart.