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TUESDAY, NOVEMBER 19, 2019

New funding for youth employment in the Townships

By Gordon Lambie

Samuel Poulin, Parliamentary assistant to the Premier on youth, and François Bonnardel, Minister of Transport and Minister responsible for the Estrie Region were in the town of Lac Mégantic on Monday to announce \$2.1 million in financial aid for the Place aux jeunes en région project in the Estrie region over the next five years. The project, which encourages young people to move to the regions and also works to encourage people 18-35 years old to stay nearby by helping to build employment connections and community links, already has initiatives in the Coaticook, du Granit, Haut-Saint-François, des Sources, Val-Saint-François and Memphrémagog MRCs as well as an English language version "Make way for YOUth" which is run by Townshippers' Association.

"It is important for young people to be able to make their presence felt everywhere in Quebec, and initiatives such as Place aux jeunes en région help to reach this goal," Poulin said. "Today we are giving ourselves the tools to bring the maximum number of young people back to the MRCs of the region while, at the same time, taking care of the greatest natural resource in Quebec: its youth."

"It is important to highlight the good work of Place aux jeunes en région and support its work in our region," Bonnardel added. "For ambitious young people looking for a balance between their family and their career, the Estrie

CONT'D ON PAGE 3

Sticks and stones on the ice this week



MATTHEW MCCULLY

By Matthew McCully

This week the Lennoxville Curling Club is hosting the Sticks and Stones Bonspiel, running until Friday, Nov. 22.

What's unique about this tourna-

ment is that all of the curlers are required to throw their stones using a delivery stick instead of by hand.

The stick is commonly used by senior curling enthusiasts or people with limited mobility who still want to get out and enjoy the sport.

While most participants in the tournament are comfortable with the delivery stick, players less familiar could be at a slight disadvantage as they get used to a different way of delivering stones.

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Weather



TODAY:
SNOW,
FREEZING
RAIN
HIGH OF -1
LOW OF -7



WEDNESDAY:
RAIN

HIGH OF -1
LOW OF -6



THURSDAY:
MIX OF SUN
AND CLOUDS

HIGH OF -1
LOW OF -6



FRIDAY:
RAIN

HIGH OF 5
LOW OF -6



SATURDAY:
CLOUDY
PERIODS

HIGH OF -2
LOW OF -6

In town, out of town, coming to town



DISHPAN HANDS

SHEILA QUINN

With no shortage of interesting events out and about in the Townships and beyond, here are a few great attractions to watch for!

IN TOWN:

This weekend theatre, music and movie-goers are in for a treat as the Knowlton Players put on *When Oscar Meets Tony*, 'A Retrospective of Award-Worthy Musicals', concept and direction by Steve Trew, script by Roger de la Mare, with piano accompaniment by John Barr.

With shows Friday night, November 22nd and Saturday night, November 23rd both at 8:00 p.m., and a 2:00 p.m. Sunday matinée, stage favourites from a wide variety of musicals performed fan favourite Knowlton Players from many local productions is sure to provoke rumblings of applause and praise.

For tickets, visit <https://whenoscarmeetstony.brownpapeartickets.com>, or call 1 (800) 838-3006.

OUT OF TOWN:

Nova Scotia electronic music wunderkind Rich Aucoin will transport Montreal's O PATRO VYS concert venue to his

usual heights - a multi-sensory trip through his latest work, *Release*, on what is being referred to as The Death Tour, paired with an image of Aucoin laid out Viking funeral style in a pink floaty pool boat, surrounded by the usual colourful accoutrements of his stage show, including the skull that has been synonymous with this latest album. *Release's* May delivery has left Aucoin a veritable storm path of beats, making his way throughout North America.

At just \$18.50 per ticket, Aucoin's live performances are a must-experience taking no mercy and leaving no excuses with that kind of price tag. Full of good, clean fun, and layer upon layer of sonic harvest, Rich Aucoin engages with the audience like no other.

For tickets, visit www.greenland.ca. Show starts at 9:00 p.m., this Friday, November 22nd.

ALSO OUT OF TOWN:

Imagine Van Gogh is coming to Montreal!

This immersive experience brings visitors through Vincent Van Gogh's paintings, including 200 of his works of art, strolling along to a soundtrack as *Starry Night* and *Sunflowers* glide past, surrounding visitors floor-to-ceiling. The exhibition begins on December 5th, however tickets went on sale November 13th and have been selling very quickly. Tickets vary between \$16 and \$26, or one can opt for a VIP pass at \$36 that allows for visitors to determine the date and time of their visit. 2020 rue William, Arsenal Art Contemporain. Imagine Van Gogh was first shown in Europe in 2017, created by Annabelle Mauger and Julien Baron, who have since produced *Imagine Picasso*.

For tickets, visit www.billetterie.imagine-vangogh.ca.

[ine-vangogh.ca](http://www.imagine-vangogh.ca).

COMING TO TOWN:

The Nutcracker is returning to Centennial Theatre for a fourth year!

This year, Cynthia Pigeon, director of Richmond dance school L'École de Danse Les Ballets Classiques de Richmond (BCR) heads direction for this powerful production on December 14th and 15th at 2:00 p.m. at Centennial Theatre. With the Montreal Philharmonic Orchestra musicians directed by conductor Philippe Ménard providing the soundtrack for the show, what is becoming an annual yuletide Townships tradition will be powerfully punctuated once again.

Thirty professional and semi-professional musicians, and 115 BCR students ranging from 3 to 70 years of age make up part of the entertainment, as well as 8 professional dancers. This show will also feature dancer Nicolas Zemmour, who danced at the Bolshoi in Russia, and who has recently moved to Sherbrooke. Zemmour plans to open his dance company in the Townships, and is teaching at Centre des Arts de la Scène Jean-Besré, and working with Véronique Giasson of popular dance show *Révolution*.

Cynthia Pigeon will take on the role of 'La Fée Dragée', performing with Zemmour.

Les Ballets Classiques de Richmond dance school's brief five years have certainly been powerful, in part thanks to the roughly fifty parent volunteers devoted to the production's success.

Tickets are available at www.ovation.qc.ca, and through Centennial Theatre at 1 (819) 822-9692, or by visiting www.centennialtheatre.ca.

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Association for children with cancer

Ben by Daniel Shelton

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LOCAL NEWS

Community groups and local stakeholders are invited to attend the meeting and share their thoughts on intergenerational issues.

New campaign to inform youth about conjugal violence

Record Staff

SOS violence conjugale has launched an awareness and prevention campaign, aimed at informing 15-to-25-year-olds about the first signs of psychological violence.

Well before more obvious violence, a whole range of violent behaviours are already at work and are paving the way. Through its brand-new bilingual platform www.itsnotviolent.com, the organization is inviting young people to participate in an interactive game that takes the form of a conversation by SMS.

Since the number one hobby of young people in Quebec is to spend time on their smartphones, choosing SMS is no coincidence! With its vibrant colours, realistic language, playfulness and interactivity, the SOS violence conjugale

campaign is an innovative way to reach Millennials and Generation Z. Derivative tools are being sent to Quebec high schools and CEGEPs to equip them and arouse enthusiasm for the campaign.

The tool is very effective in enabling young people to better identify the subtle forms that domestic violence can take before it escalates: subtle harassment, jealousy, non-physical sexual violence, relationship violence, veiled threats, isolation and the first signs of sexual exploitation. The experience is played out through five scenarios with evocative names: Breathing space, My way or the highway, Every breath you take, Can't touch this and Hungry like the wolf.

To support the initiative, SOS violence conjugale encourages the entire population to share the campaign with the

Missing Cowansville woman found

Record Staff

The Sûreté du Québec sent out a statement yesterday to inform the public that 36-year-

old Kimberley Greig from Cowansville, who was reported missing over the weekend has been found safe and sound.

hashtag #yesitisviolence.

"The purpose here is to reach young people just as the first romantic relationships in life are developing. To highlight subtle violent behaviours, as they merge into everyday customs and practices. We want to encourage victims to seek help before the trap closes and the danger increases," explained Jocelyne Jolin, Director of SOS violence conjugale in a press release announcing the new campaign.

"The campaign can also promote better social support for victims, since family members will be more likely to recognize subtle violent behaviour and

take the situation seriously, rather than minimize or normalize violent behaviour," added Jolin.

SOS violence conjugale is a reference organization in Quebec. It is a community organization whose mission is to contribute to the safety and recovery of victims of domestic violence throughout Quebec, by providing a free, bilingual, anonymous and confidential reception and referral service.

Are you a victim of domestic violence or do you know someone who might be? Get free help now! Call 1 800 363-9010, 24/7 Throughout Quebec.

Supporting an intergenerational community in Estrie

Record Staff

Intergénérations Québec, in collaboration with the Maison des grand-parents de Sherbrooke, will hold a regional meeting on Thursday, Dec. 5 on the theme of intergenerational cooperation.

Community groups and local stakeholders are invited to attend the meeting and share their thoughts on intergenerational issues.

This participatory workshop will be facilitated by Intergénérations Québec's development and training officers.

Registration is required before No-

vember 27.

The objectives of the workshop are to reflect on the benefits of the intergenerational approach, be aware of what is being done or could be developed in the community and foster the development of an intergenerational network in the Estrie region.

The workshop will take place Thursday, Dec. 5, 2019, from 1 p.m. to 4:30 p.m. in the Coopérative funéraire de l'Estrie, room 1, located at 485, rue du 24-Juin, Sherbrooke.

APPELE-Québec to host community hearings on Bill 40

The Alliance for the Promotion of Public English-language Education in Québec (APPELE-Québec) is hosting a public hearing this afternoon on Bill 40; An Act to amend mainly the Education Act with regard to school organization and governance.

"Many representatives of our community were not invited to appear before the National Assembly Committee studying Bill 40, and we believe their voices need to be heard," explained Geoffrey Kelley, Chair of APPELE-Québec.

"We are providing them with the forum to share their views on this complex piece of legislation which we believe is unworkable and presents unnecessary obstacles to the exercise of our constitutional right to manage and control our school system."

The hearings will take place in Montreal today, Tuesday, Nov. 19 from 1 p.m. to 8 p.m. in the Beaujolais room of Le Meridien Versailles Hotel.

Groups presenting briefs to Kelley and Joan Fraser, the Vice-Chair of AP-

PELE-Québec, include:

- Canadian Parents for French
- Quebec English School Boards Association (QESBA)
- Black Community Resource Center (BCRC)
- Quebec Board of Black Educators
- Quebec Community Groups Network
- Quebec Association of Independent Schools (QAIS)
- Community Economic Development and Employability Corporation (CEDEC)

- English-Speaking Catholic Council (ESSC)
- Quebec Federation of Home and School Associations (QFHSA)
- Quebec Farmers' Association (QFA)
- Canadian School Boards Association
- Townshippers' Association

The hearings will be streamed live on the APPELE-Québec Facebook page at <https://www.facebook.com/APPELEQuebec/>

New funding

CONT'D FROM PAGE 1

is a region of choice. As the minister responsible for the region, I can only welcome the support of our government, which will keep or bring more

young people here."

Stéphane Lesourd, Director of Operations for Place aux jeunes en région explained that the funding breaks down into \$60,000 per year for five years for each of the seven projects in the town-

ships. This compares to the \$45,000 that the groups were getting previously, representing a 33 per cent funding increase.

"It will mean that each of the project areas can do that much more attraction

and retention activities," Lesourd said, pointing out that the "discovery days" exposure activities form the backbone of the project's work in trying to show off what each area has to offer.

North Hatley: A hidden treasure in the Townships

By Taylor McClure
Special to The Record



RECORD ARCHIVES

The village of North Hatley is famous for being one of the most beautiful small villages in Quebec. With its undeniable scenery, it is a major attraction for those looking to get away for the summer and some have built secondary residences, villas, and cottages around Lake Massawippi where they can enjoy the natural beauty of area. While the village only has a small population of a few hundred people, it has a long history of being the place to be when vacationing in the Townships.

Before European settlement, Massawippi Outlet (the town's original name), was inhabited by the Abenaki. They used the land to hunt, fish, and to carry out ceremonies that were a crucial part of their identity.

In 1792, the Eastern Townships was opened up to settlement by Lieutenant-Governor of Quebec, Alured Clarke.

Captain Ebenezer Hovey, from Connecticut, became the first white settler to stumble across Lake Massawippi.

In 1803, the Crown granted the Township of Hatley, named after an English village, to Hovey, Henry Cull, and their associates.

With the Townships now open to colonisation, various Loyalist families moved to the picturesque village in search of new fertile land and trade between the settlers and the Abenaki began.

By 1830, the land belonged primarily

to three families: the Culls, the, Wadleighs, and the LeBarons. The Davies, Hoveys, Jacksons, Littles, and Reeds, were also among the earliest families to settle in the area.

In its early beginnings, those living in North Hatley depended on potash production but other trades, businesses, and employment opportunities eventually emerged.

The construction of a railway line linking Longueuil on the south shore of Montreal, to Sherbrooke in 1852 and the construction of another railway line linking North Hatley to Portland, Maine in 1853 made the village known to those in Montreal and in America.

The first post office was established in

the village in 1859 and marks the year where the village finally took on the name of North Hatley.

The village only had a small population of about 50 people in 1867 with a post office, a general store, and a few houses. Around five years later, the village experienced rapid development and population growth.

A railway station was built and more houses and farms were constructed. The village also had a hotel, a blacksmith shop, and a church.

The year 1886 was a turning point for the village and marks the beginnings of North Hatley becoming the summer vacation spot of the Townships.

Dr. Powhatan Clark of Baltimore and his family made their way to North Hatley as guests of the LeBaron family in the summer of that year. They were taken aback by the beauty of the mountains and the lake and they decided to build a home there where they could escape for the summer. This was the first of many families to make the village their summer home.

It became a place for families from Montreal and America and there are stories of these families arriving with their servants and mass amounts of luggage. The Massawippi Valley Railway connecting Lennoxville to Vermont made North Hatley easily accessible to those south of the border.

These families built their second residences, summer cottages, and villas around Lake Massawippi.

North Hatley was designated a municipality in 1897 and its picturesque views and the recreational opportunities that the lake and mountains had to offer allowed it to establish itself as a popular vacation spot.

Various recreational activities emerged as a result of the many tourists who chose to spend their summers in the area. Sports clubs, such as the Massawippi Canoe Club of 1883 and the North Hatley Club of 1897, were established and a golf course was also opened up in 1899. There were also steamboats to take tourists on cruises around the lake. North Hatley, in essence, became a place of luxury; especially with the establishment of the Glen Villa Inn hotel resort in 1902 that put North Hatley on the map. The site is now part of the Glen Villa Gardens.

By the turn of the 20th century, farming continued to take place in North Hatley but it was essentially a tourist town. The recorded population in 1903 was 250 during the winter and 1,200 people in the summer, which reflected how important the summers were for the village; a fact that remains true to this day.

The village of North Hatley was declared a heritage site by the Quebec government in 1987 for its architectural, landscape, and historical value. This heritage site does not cover the entirety of North Hatley but rather the center of town. The residences, villas, and chalets that line its streets are reflective of the time the village was founded and present unique architectural styles. Most of the buildings that local entrepreneurs, organizations, groups, etc. are currently housed in have been around since the 19th century to the early 20th century and each holds a unique historical narrative. More importantly, the village was built around the areas landscape and puts the beauty of nature at the forefront of all things.



RECORD ARCHIVES

THE RECORD

Brome County NEWS



ON NOVEMBER 26th

The Record and Brome County News will publish a special supplement

in partnership with

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This is Buddy. He is a 3 year old beagle. He is good with other dogs and small children and is looking for a good home.

Buddy is sponsored by **Patty Curtis** North Hatley

Richmond looking into active transportation network

By Gordon Lambie

The Town of Richmond launched a strategic planning study for the development of an "active transportation" network on Monday. The study is meant to help enable the community to identify local needs for pedestrian and cycling paths and add them to its five-year work plan in the hopes of significantly increasing the number of citizens who travel on foot and by bike. The project will also include the creation of

tools to promote active transportation among Richmond residents.

The first step of this strategic planning process is an online survey and citizen consultation. For the moment the survey, which can be found at <https://fr.surveymonkey.com/r/richmondcitoyen>, is only available in French but Town Manager Rémi-Mario Mayette said that an English version will be released eventually. In the mean time local elementary and secondary school students as well as the employees of certain

local businesses will be contacted directly for input in the hopes of getting a clear image of the needs in the community as well as any obstacles people may feel to using more active modes of transportation on a daily basis.

"During the citizens' consultations for the "amie des aines" municipal policy, some problems with the pedestrian network were raised. We note that this subject has also been raised by the steering committee of our family policy," said the mayor of Richmond, Bertrand

Menard. "We were therefore aware that such a study was necessary in order to establish a plan of action. The goal is not to achieve the entire pedestrian and bicycle network within five years, but rather to integrate each element into future road projects. So, step by step, the people of Richmond will be able to see that walking and cycling in the city will be easier and more enjoyable."

Teacher union to sue Quebec on religious symbols ban

By Tracey Lindeman
THE ASSOCIATED PRESS

A union federation representing 45,000 teachers in Quebec is suing the Canadian province over its ban on the wearing of religious symbols by many public employees.

The lawsuit by the Federation Autonome de l'Enseignement challenges a state secularism law passed this year that prohibits some civil servants from wearing symbols of religion, such as hijabs and crosses, while at work.

The most contentious rule is that any new police officers, judges, lawyers and teachers are banned completely from wearing any religious symbols while on duty. Existing employees get an exception as long as they keep the same job.

Other public sector workers, including doctors, bus drivers and social workers, can wear symbols that don't cover

their faces.

The lawsuit, prepared by the Montreal-based firm Gattuso Bourget Mazzone, contains a list of alleged violations by the province.

Remi Bourget, partner and lead lawyer representing the union, said that in order to pass the bill, the Quebec government suspended Canadians' constitutional rights to freedom of religion and equality without discrimination.

"We want the court to declare that the rights of our members were violated by this government; the right to freedom of religion, of course, but also the right to equality, because the vast majority — if not the totality — of the people who will be impacted are women," Bourget told The Associated Press. In Quebec, 75 per cent of teachers are women, he said.

A student studying to become a teacher and Montreal's English school

board are among those who have also filed lawsuits.

Nour Farhat, who wears a Muslim hijab and studied law to become a prosecutor, is among those affected by the law.

The religious symbols law means she can't represent the state as long as she wears a hijab. So she's fighting from the other side. She was hired to represent teachers opposing the law and will be in court to argue against it — in her hijab.

"I can't work with the government; they don't want me to work with them. Well, now I have the opportunity to work against them," Farhat said.

The 28-year-old lawyer said the law known as Bill 21 has encouraged racist beliefs and behaviours in the province.

She said she began receiving insults and death threats by email after a French-language law journal published her op-ed criticizing Bill 21.

Sylvain Mallette, president of the union federation suing the province, said Bill 21 jeopardizes teachers' jobs and working conditions.

The Quebec provincial government, for its part, intends to take its religious neutrality bill to the Supreme Court if necessary.

The French-speaking province of Quebec has struggled for years with the question of religious accommodations for minorities. Premier Francois Legault has warned Canadian Prime Minister Justin Trudeau not to meddle with provincial law.

The lawsuits come at a time when anti-Muslim sentiment is growing in Quebec. In Montreal so far this year, Muslims make up 58 per cent of the people targeted in hate crimes, according to police. More incidents go unreported.

Townships Literary Anthology fundraising for water conservation

Record Staff

Studio Georgeville will host the official launch of Water Lines: New Writing from the Eastern Townships of Quebec, edited by Angela Leuck, on Sunday, Nov. 24, from 11 a.m. to 4:15 p.m.

The studio is located at 20, carré Copp, Georgeville, QC.

This important and timely anthology features writing by 70 talented authors who live in the Eastern Townships or have Townships connections. Poets, prose writers, and a playwright have

joined to pay tribute to water and explore its fertile symbolism.

"Our goal for the launch," editor Angela Leuck explained, "is not only to showcase the remarkable talent of Townships writers but also to demonstrate our active support for the cause of clean water. All profits from the book sales will go to helping preserve local lakes."

Launch organizers hope to raise \$2,000 to aid the vital work of two water conservation organizations in the Townships: Memphremagog Conservation Inc. (MCI) and Blue Massawippi.

The Open House "Gala" Launch at Stu-

dio Georgeville is free and open to all. Refreshments, including delicious homemade baked goods, will be served. The event will feature inspiring readings throughout the day, followed by a special performance at 3:30 p.m. of a one-act play by celebrated Montreal playwright Colleen Curran. The event will culminate with the presentation of cheques to Robert Benoit, MCI President, and Michèle Gérin, Blue Massawippi General Manager, at 4 p.m.

Among the anthology's contributors are Louise Abbott, author of a two-volume illustrated history of the Mem-

phremagog region; Nick Fonda, historian and short story writer; Deborah Henderson, award-winning Magog thriller writer; Janice LaDuke of Lennoxville's Black Cat Bookstore; Steve Luxton, poet; Ross Murray, humourist and playwright; Gabriel Safdie, poet; and Victoria Vanier, former Stanstead Journal reporter.

Anyone who is unable to attend the launch but would like to order a copy of Water Lines and help Studio Georgeville reach its fund-raising goal, please contact Angela Leuck at acleuck@gmail.com or 819-416-0712.



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EDITORIAL

The systems we've been using to structure the way we extract resources need to be rethought.

SCIENCE MATTERS

Forming bonds in times of crisis

By David Suzuki

The climate and ecological crises touch each of us to varying degrees. Some carry the emotional weight of worrying about what kind of diminished, unstable world we're leaving for our children while others are directly, physically affected by climate-fuelled disasters like storms, wildfires, droughts and changing wildlife patterns.

Our responses to these crises also vary. Most people know the traditional reactions to crises: fight, flight or freeze. But as climate scientist and activist Susanne Moser says, "We keep talking about the three Fs but there is a fourth one, and that's the one that actually helped us survive. The forming of bonds, or the be-friending. That's the piece that got to us to cooperate as a species and recognize that we have greater advantage when we work together as opposed to everyone for themselves. This is biology. It is in the genetic history of our species. We are here because we cooperated. It's part of us."

Naomi Klein's book *The Shock Doctrine* examines how capitalism takes advantage of disasters, always ready to profit from the destabilization they create. On the flip side, a new phrase has emerged to recognize the human capacity to co-operate in the face of calamity — "disaster collectivism" — described by writer Rebecca Solnit as "the sense of immersion in the moment and solidarity with others caused by the rupture in everyday life, an emotion graver than happiness but deeply positive."

This term has emerged from the displays of compassion, altruism and creative solution-seeking that blossom when climate disaster strikes communities. News reports are full of stories about neighbours and strangers going out of their way to share food, rescue pets, locate loved ones and help rebuild

what has been lost.

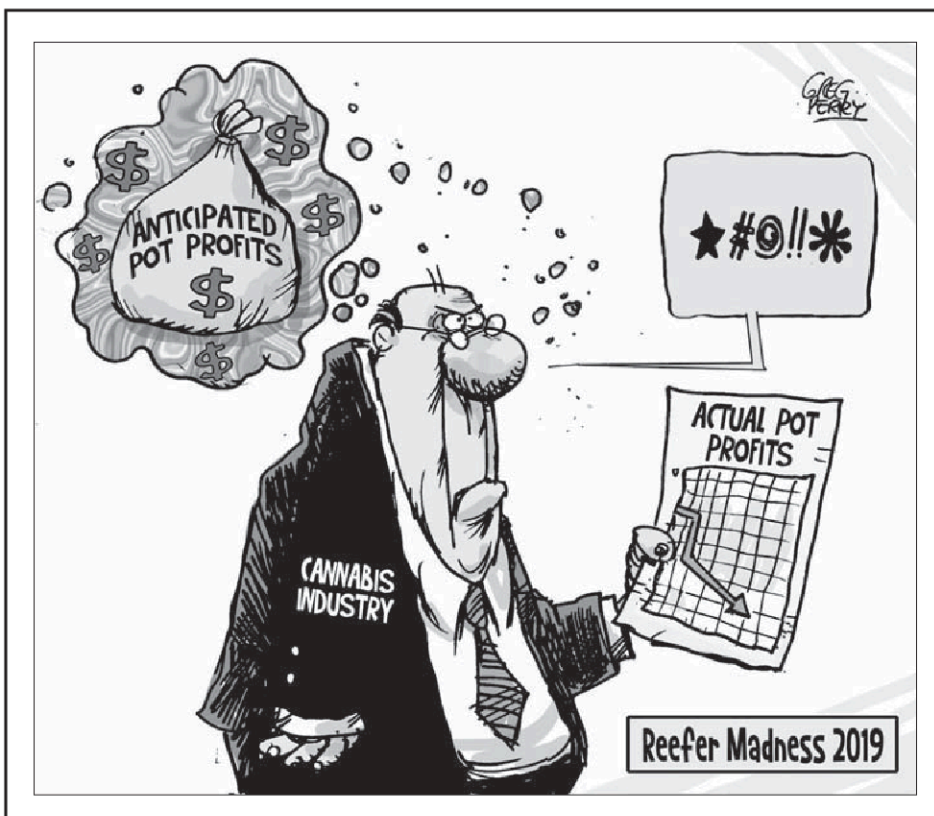
Although disaster collectivism was coined in 2018 in conjunction with the dizzying increase in climate-caused calamities, the phenomenon of the potential of positive reaction to stress has been documented by scientists. A 2012 article in *Scientific American*, "How the Stress of Disaster Brings People Together," points to studies that found, "acute stress may actually lead to greater cooperative, social, and friendly behavior."

Margaret Klein Salamon, founder and executive director of U.S.-based The Climate Mobilization, argues that society actually needs to enter "emergency mode" in which "individuals and groups function optimally during an existential or moral crisis—often achieving great feats through intensely focused motivation."

The climate and ecological crises are manifest in destroyed homes and livelihoods during floods, hurricanes and tornadoes, drastic declines in wildlife populations and the disappearances of vast tracts of forests consumed by increased wildfires, but they are ultimately symptoms of the underlying crisis of our societal failure to take responsibility for our impacts on the planet so that it can continue to provide us with stable, life-supporting ecosystems. It is a crisis facing us all, that we created and to which we must respond.

The systems we've been using to structure the way we extract resources need to be rethought. Although we sometimes see our economy as an absolute, as something apart from us, it is our creation, and it can be recreated if we recognize the planetary harms it sets in motion.

Ideally, the fissures in the wall that has upheld business-as-usual operations provide an opportunity for us to come together, equipped with tools to redress, repair and rebuild. Some of the fixes will be technological, like better



ways to make renewable energy sources accessible and affordable everywhere, but what is mainly needed is a new vision that sets limits to better manage the pace and reach of our historically unrestrained plundering of the planet's offerings.

Reimagining and acting to create a better world can be a deeply positive experience, as Solnit highlights. In the act of coming together, we can also rewire the status quo so that taking care of each other becomes the norm.

As Barry Lopez observes in his book, *Horizon*, "Our question is no longer

how to exploit the natural world for human comfort and gain, but how we can cooperate with one another to ensure we will someday have a fitting, not a dominating, place in it." Change isn't easy, but when people come together for the good of humanity and Earth, we can accomplish great things.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Boreal Project Manager Rachel Plotkin.

Learn more at www.davidsuzuki.org.

Letters

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Local Sports

I once landed a Niagara River lake trout with a hook that I then discovered, had lost its point entirely, probably to a rogue boulder on one of my previous casts.

Staying sharp



ON THE HOOK
ANDREW HOWARTH

Few reminders of why it's important to 'stay sharp' are as cogent—to anglers and hunters—as botched hooksets or misplaced shots in those brief moments of opportunity that we can only hope come once in a day on the water or in the woods. This word 'sharp' can be used figuratively or literally, and it's often both, but my memories of times when I blew what I was convinced would be my only shot of the day are both vivid, and embarrassingly numerous.

I have a fishing buddy who I'm convinced deserves to be recognized as the undisputed sharpest angler of the (Lake Ontario) North Shore. He's also the region's most notorious and compulsive hook-sharpener. A mutual friend of ours once made a remark about how our appropriately-nicknamed buddy 'Ace' never made a sluggish or seemingly surprised hookset, despite spending many tired overnight hours casting lures to fish that generally provided little impetus for staying awake. It's probably no coincidence that Ace is also known for his borderline-obsessive habit of sharpening hooks belonging not only to himself, but to other fishing buddies who he suspects have not been so diligent with theirs. It's also clearer to me now than ever before, why the diamond hone hook file that I carry on virtually all of my river trips was purchased from Ace, who ordered a small batch of the same tools for distribution among his circle of fishing friends. Upon reading this, it's obvious why people have been calling him Ace for as long as I've shared water with him.

Upon reflection, I realize that I owe a part of many previously catches to the lessons in hook sharpening that I took from Ace without really realizing it. While the previous paragraph clearly points to a relationship between personality and angler behaviour, this one will demonstrate why it's so valuable to recognize someone's unique ability, no matter how trivial it might seem. An amalgam of the best fly tier, caster, strategist, water reader, and hook sharpener that I know, would make a master angler of sorts. Monkey see, monkey do. I've heard this type of thought experiment take place many times in gyms and school cafeterias, where the ultimate hypothetical basketball player was constructed from a selection of charac-

teristic features that might have included Shaq's body, Iverson's hands, Magic's eyes, and Jordan's athleticism—but I digress.

A more recent fish for which I owe Ace partial credit was a ten pound, fall-run, male steelhead which grabbed my swung fly with all the vigour that one would expect from such a fish. I brought this fish to the riverbank after two unsuccessful attempts at landing fish earlier in the day, following which, inspections of my gear revealed dull hook points—probably caused by collisions with rocks. So, when's a good time to check your hook point? On days where I land only a third of my hooked fish, I'd be tempted to say every five casts, but this is probably unrealistic for most anglers. Any time you feel your lure of fly collide lightly or momentarily with something solid, you'd be wise to investigate.

Finding the highest quality hooks that you can is also worth any additional money and effort that must be spent. In most instances, the correct hook will be strong enough to resist bending under the maximum pressure that your rod and line are capable of producing without breakage, and, simultaneously, will be constructed of thin enough wire to be imbedded sufficiently in a fish's mouth under the tension that your rod and line will allow on a hookset. High-quality hooks like the Owner 5111-091 or Daiichi 2151 have extremely fine points—precisely, and sometimes chemically sharpened—that give them their 'sticky-sharp' quality. But, have you ever considered why 'sticky' level sharpness is so important, or so often talked about? In my experience, the answer has everything to do with reaction time and the impossibility of perfect execution in angling. Sticky-sharp hook points bridge the gap between the micro-moments of the fish's strike and the angler's hook set, and make up for minor or major operator errors. An inevitable weakness of a sticky-sharp hook point is its susceptibility to very small bends or breaks, which are only revealed upon very close inspection. I carry larger sharpening stones and smaller diamond hones whenever I am mindful enough to include them in my kit. I've found sharpening stones particularly effective when working on large hooks and making major corrections, whereas diamond hones excel for use on small hooks and precise 'touch-ups.' The hook sharpening process typically involves scrubbing the three accessible edges of the hook point (outside, right, left) in a single direction toward and away from the very tip of the point, while checking sharpness after every round of 5-10 strokes per edge. For major corrections, some rough back-and-forth scrubbing with the coarser stone may precede the eventual diamond hone fine-tuning.

I once landed a Niagara River lake trout with a hook that I then discovered, had lost its point entirely, probably to a rogue boulder on one of my previous casts. Humorous as it was to find this,



COURTESY

I'm well aware that this occurrence was an exception to the rule, and I've had too many fish come unbuttoned due to dulled, bent, or fouled hooks to even begin thinking otherwise. Cold hands, daydreams, and just plain laziness are constantly competing to dull my angling

skills while I wait for a tug at my line, but my hook points have, on average, become much clingier than they once were.

Thankfully, great fish can provide redemption after a string of losses and dull reactions.




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CAMPAIGN RUNS FROM
NOVEMBER 19 TO DECEMBER 12

Death



Lorna May Belknap POWERS
 Sept. 19, 1940 - Oct. 22, 2019

It is with deep sorrow that the family announces the passing of Lorna May Belknap Powers.

As a result of a fall in the early hours on Sunday, Lorna was hospitalized with a dislocated shoulder and multiple fractures from her hip to her knee. Lorna received last rites on Monday evening prior to succumbing to her injuries on Tuesday, October 22, 2019. Lorna spent her final hours comfortable and surrounded by the love and support of her husband, children, and grandchildren.

Lorna will be remembered for being a caring and giving person, and for her great sense of humor.

Lorna is survived by her husband Lionel. Daughters Lorilee, Karen, and Kristal. 7 grandchildren and 10 great-grandchildren.

Lorna would have appreciated that in lieu of flowers, a contribution to: St. Paul's United Church, 211 Pine St., Magog, Quebec J1X 2H8.

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TUESDAY, NOVEMBER 19, 2019

Today is the 323rd day of 2019 and the 58th day of autumn.

TODAY'S HISTORY: In 1863, President Abraham Lincoln delivered the Gettysburg Address at the military cemetery dedication ceremony in Pennsylvania.

In 1977, Egyptian President Anwar Sadat became the first Arab leader to officially visit Israel, where he met with Prime Minister Menachem Begin.

In 1985, President Ronald Reagan and Soviet Union leader Mikhail Gorbachev held their first summit meeting.

TODAY'S BIRTHDAYS: James A. Garfield (1831-1881), 20th U.S. president; Indira Gandhi (1917-1984), Indian prime

Datebook

minister; Roy Campanella (1921-1993), baseball player; Larry King (1933-), TV personality; Ted Turner (1938-), media magnate; Calvin Klein (1942-), fashion designer; Ann Curry (1956-), TV journalist; Allison Janney (1959-), actress; Meg Ryan (1961-), actress; Jodie Foster (1962-), actress; Adam Driver (1983-), actor.

TODAY'S FACT: The number of sets of quintuplets, sextuplets and septuplets born in the United States increased from 13 in 1990 to 80 in 2009 with increased use of fertility drugs.

TODAY'S SPORTS: In 2001, Barry Bonds of the San Francisco Giants became the first major-league baseball player to win four Most Valuable Player awards. He won again each of the follow-

ing three years, finishing his career with a record seven MVP awards.

TODAY'S QUOTE: "The worst days of darkness through which I have ever passed have been greatly alleviated by throwing myself with all my energy into some work relating to others." — James A. Garfield

TODAY'S NUMBER: 13,609 — words in the speech of Edward Everett, the keynote speaker of the Gettysburg dedication ceremony. Lincoln's famous Gettysburg Address was fewer than 300 words.

TODAY'S MOON: Last quarter moon (Nov. 19).

Military Whist played at St. Anne's

Despite the cold, the snow and the inconvenience of the street closure, thirteen tables of players turned out to St. Anne's, Richmond, to play Military Whist on Thursday, November 14. After the welcome and announcements, play got underway.

Once the cards were put aside and the lunch enjoyed by everyone, prizes were awarded. Leading with high score of 29 flags was the table of Wanda Viens, Robin Converse, Shirley Patterson & Patrick Redburn. Second place with 26 flags was the table of Nicole Clark, Lise Boisvert, Shirley Beasley & Shirley Noble.

Proudly coming in with low score were Ghyslaine Redburn, Collette Pageau, Patsy Biggs and Raymond Fortier. Three players had four kings in one hand and by the cut of the cards, the winner was Vera Hughes. Noel Gregoire had four two's and won a prize.

Door prizes were awarded to Thelma Day, Jean-Guy Methot, Raymond Mastine, Francis Saffin, Ian Smith, Carol Nixon, Lise Boisvert, Elizabeth Blouin, Linda Badger, Nicole Clark, Wanda Pariseau, Andrea Blouin, Darlene Beaudet, Donna Ham, Noel Gregoire, Lou Joyal, Melodie Pariseau & Clifford

Lancaster. The grocery box was claimed by Andrea Blouin.

Thanks go to the ladies who helped with kitchen clean-up. The tables were left in place in preparation for the Christmas Tea & Bazaar taking place on Saturday, November 23, starting at 1:30 pm.

Don't forget to join us on Thursday, December 12, when we will hold the final card party of 2019.

Submitted by
 Loretta Irwin and Jean Storry

Persistent bruising after break could be hemosiderin staining

ASK THE DOCTORS

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

Dear Doctor: How long should a bruise last? I broke my fibula nearly nine months ago, but I still have a yellowish discoloration on my shin, above the fracture. What could it be? My doctor is unconcerned.

Dear Reader: When you get a bruise, or contusion, it means that the small blood vessels beneath the skin are damaged and leaking blood. This can occur as the result of a physical injury, certain nutritional deficiencies or a medical condition, such as end-stage kidney disease, leukemia, bleeding disorders and some cancers. When blood seeps into the soft tissues beneath the skin, it causes the dark coloration that we recognize as a bruise.

As a bruise heals, the body breaks down and reabsorbs the blood and lymph fluid released by the injury. During this process, the bruise goes through an array of varied and vivid colors, including bluish-purple, green, yellow and brown. How long it takes for the

visible effects of the bruise to vanish depends on the location and the extent of the injury, the person's age and their skin tone. People with pale skin tend to show bruises more readily than those with darker pigmentation, as do the elderly, whose skin becomes thinner with age. In most cases, a bruise will take from two to four weeks to heal completely.

In your case, the injury took place in the fibula, which is the smaller of the two bones of the lower leg. The fibula is long and thin and doesn't bear much weight. Instead, its job is to help stabilize the tibia, or shinbone, as well as the ankle and the muscles of the lower leg. There are several types of fibula fractures, some of which could result in significant bruising.

The fact that visible bruising persists nine months after you broke your leg, and isn't associated with any other symptoms, is consistent with something known as hemosiderin staining. Hemosiderin is a byproduct of the breakdown of red blood cells, which contain iron. It's a protein compound with a brownish-yellow color and acts as a storage system for the iron left

behind by the damaged red blood cells. In hemosiderin staining, the compound accumulates beneath the skin and becomes visible. Trauma, such as breaking a bone, is among the potential causes of hemosiderin staining.

You mentioned in your letter that your physician doesn't believe the persistent color on your shin is a symptom of anything serious. We think it would be a good idea to check whether he or she agrees that hemosiderin staining may indeed be the cause. If the answer is yes, and if the condition bothers you, you have several treatment options. Topical creams can reduce the degree of pigmentation, or lighten the color. If the goal is to minimize the discoloration as much as possible, you can explore laser therapy. As with tattoo removal, it may require multiple sessions to see results.

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

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

LENNOXVILLE

Brunch at the A.N.A.F. Unit 318, 300 St. Francis, Lennoxville on Sunday, November 24 from 10:30 a.m. to 12:30 p.m. Come enjoy eggs, pancakes, bacon, sausages, ham, potatoes, baked beans and much more. All welcome. Info: 819-346-9122.

LENNOXVILLE

The Lennoxville Art group will be holding an art exhibition featuring Christmas/Winter themed paintings at the Lennoxville Library, 101 Queen Street, Lennoxville, from November 23 and through the month of December. Miniature paintings and greeting cards will be on sale during our vernissage on Saturday, November 23, 11 a.m. to 1 p.m. Please join us for refreshments and perhaps you will start your Christmas shopping with the purchase of an original work of art. Opening hours may be obtained on their website, Lennoxville Library, or at 819-562-4949.

NORTH HATLEY

The Age Friendly Municipality (MADA) Committee of the Village of North Hatley will be hosting another Afternoon Tea and Talk on Tuesday November 26 at 2 p.m. at the North Hatley Community Centre (3127 Capelton Road). Do you provide support to an aging spouse, parent, family member, friend, or neighbour? Do you accompany a senior to appointments, help him/her manage finances or household chores, or provide emotional support? Do you feel like you could use a little help? Support is available to you. Please join us for a discussion with Leigh Hortop, from Lennoxville and District Community Aid, about how Community Aid can accompany you as you care for a loved one. Coffee, tea and nibbles will be served, admission is free and everyone is welcome to attend. Transport is available for area residents who require it (819-842-2754).

BURY

Health Link Session: Talking About Mental Health. Wednesday, November 20, 11:30 a.m. to 2 p.m., Armoury Community Centre, 563 Main, Bury. Lunch - \$5 donation (must reserve). To reserve, call 819-872-3771, ext. 2.

AYER'S CLIFF

Please join us on Saturday, November 23 from 8:30 a.m. to noon for the U.C.W. of Beulah United Church Bake Sale and Coffee Party, Main St., Ayer's Cliff. Tables of donated items (new and used),

knitwear, glassware, books, jewellery, toys, etc., homemade doughnuts, breads, pies, squares, baked beans, jellies, pickles etc. will be offered. Coffee, tea, doughnuts, scones and jam will be served throughout the morning for your enjoyment. All welcome.

RICHMOND

CHEP Video Conference: Diabetes - What's New. Wednesday, November 20, 10 a.m. to noon, Richmond Regional High Community Learning Centre (375 Armstrong, Richmond). Free. No reservation required. Please arrive a bit early.

LENNOXVILLE

Mental Health Estrie advises the community that due to unforeseen circumstances, until January 2020, gifts to the annual HUGS for the homeless campaign can be dropped off at the Lennoxville & District Women's Centre located at 175 rue Queen, suite 203, in Lennoxville. From November to March, the HUGS campaign accepts donations of NEW Hats, Underwear, Gloves, Socks and Scarves and other warm articles of clothing which are donated to local shelters for the homeless. Cheques can be mailed to Mental Health Estrie at 257 rue Queen, Suite 900, Sherbrooke QC, J1M 1K7. To learn more visit our Facebook page or website at mentalhealthestrie.com or phone 819-565-3777 or email mhe.info@bellnet.ca.

TRENHOLM

TRENHOLM UNITED CHURCH - Worship and song await you at our monthly ser-

vice on Sunday, November 24 at 11:00 a.m., followed by a "soup & sandwich" with pot-luck dessert get-together. Everyone is welcome! ALSO.... please mark our CHRISTMAS SERVICE on your calendar. It will take place on December 15 at 2:00 p.m.

RICHMOND

Tea & Talks. November 29 (re-scheduled), 2pm - 4pm at RRHS (375 rue Armstrong). With Ann Clark on the topic, "Who owns our food". December 10 with Arienne Gravel from the Centre des femmes du VSF and des Sources. A social afternoon for seniors to get together. And talk! Bring a friend to make it double the fun. Free refreshments.

LENNOXVILLE

Music & Alzheimer's Disease: New! We are incorporating an interactive music session with residents of the Manoir St-Francis into our training. When? Thursday, November 21. Where? In the Ascot Living Room of the Manoir St-Francis, 125 Queen St. (Lennoxville), Sherbrooke. Here's the schedule: 5 p.m. - Start of workshop; 5:30 p.m. - The Manolson Musical Approach in action - singing with residents of the Manoir while learning/noticing techniques; 6 p.m. - Second part of training with "homework"; 6:50 p.m. - Light refreshments. No need to pre-register. Come for all or part of the time. Cost: \$12. The Manolson Musical Approach, Eric Manolson, phone: 819-580-1662 or email: eric@themanolsonapproach.com

Rebuilding after betrayal

Dear Annie

TUESDAY, NOVEMBER 19, 2019

Dear Annie: I read "Dear Annie" now, just as I read "Ask Ann Landers" and "Dear Abby" starting in the 1950s. I hope you can give me some advice.

My husband, "Fred," and I have been married for 58 years. We met when we were both working in Washington, D.C. We were 18 years old. We dated for 3 1/2 years. He presented himself to be charming, a man of good morals, sweet, kind, a Christian and a virgin. I thought he loved me more than anyone. I had some reservations because he spoke of "Mother" frequently, often using the phrase "Mother said."

Once I got to know him better, I felt he had matured. But after marriage, he began to have temper tantrums. I was shocked.

After losing our first baby to a miscarriage, Fred was drafted into the Army and soon sent to Korea. I had begged him to join the Guard, but at his mother's suggestion, he refused.

After he returned home, I became pregnant and had a little girl. A year and a half later, we had a son, born a couple of weeks prior to Christmas.

While out shopping around that time, I saw Fred using a pay phone, so I walked up behind him and overheard a romantic conversation. He made up a plausible lie, and I let it go. Years went by, and he was not good to me.

Last year, after 57 years of marriage, he decided to tell all. He now tells me he was calling a woman for a second date during the week of Christmas. He later called to see if the coast was clear, as she was married, too. He also told me he had slept with prostitutes while in Korea and then had relations with other women in D.C., Chicago - where we lived for a time - and then Memphis, where we now live. He claims he has always loved me and the encounters with other women were "just sex," as if that makes a difference to me.

I am devastated beyond belief.

We are now 80, and I have stage 4 cancer. People tell me I look as if I am in my 60s, and the cancer is in remission. Our children are grown. We have completed one year of counseling. He has been diagnosed as a

"sex addict," and I have PTSD. Our lives are in ruin. He denies that he's addicted to sex, and he denies that it was caused by his domineering mother, as counselors have suggested.

I am uncertain as to what to do. I worked hard and invested well and can afford to support myself. Counseling helped some but not much. Right now, I am unable to make logical decisions. Do you have any words of wisdom for me? - A Lifelong Reader

Dear Lifelong Reader: You sound like a remarkable and very strong woman. My advice is that you make the decision NOT to make a decision at this time. Instead, focus on yourself and making you - and only you - happy, whatever that might mean. Go to your church, visit your children and grandchildren. While you're healing from this trauma of deception, it's perfectly reasonable to take a break from your husband. There are different types of therapy you could try. Continue with your counseling and perhaps add some meditation or prayer groups. Spend time with your friends.

At some point, you will realize that your husband had a very troubled upbringing, which contributed to his acting out. This does not excuse his behavior, but hopefully, the realization will give you some peace of mind. Remember that his actions had nothing to do with you or how much he loved you but rather with how little he loved himself.

Dear Annie: I used to love the holidays, but now I am dreading them. I have recently been divorced. My very large family is divided from politics. Because of that, my daughter has been excommunicated from the entire family. My daughter is grown and married but does not speak to me, even though I have been a loving, nurturing and caring mother. I just want to crawl into a hole and cover up. I need hope. - Sad

Dear Sad: The holiday season can bring to a boil any frustrations that have been simmering throughout the year. However, you don't have to get burned. First, accept that the next month or so will be difficult. Don't hope for family members to miraculously change their ways. Brace for the sting of not speaking with your daughter. Know that there will be some blue days. This

isn't about being pessimistic but realistic. Managing expectations can go a long way in making tough times more manageable.

Second, consider making this a season for experimentation. Take a trip somewhere new, if that appeals to you. Or if you normally travel a lot during the holidays, treat yourself to a "staycation." Make up new traditions; whether or not they end up sticking is beside the point. The idea is to unburden yourself from what this time of year "should" be so that you can get the most out of whatever it is.

Dear Annie: I just read the letter from "Hurt Mother-in-Law" who's done everything she could to have a friendly relationship with her daughter-in-law, to no avail. After reading the letter, I had to double-check that I hadn't written it myself.

Though the difference was that I went much further than she did, and for much longer! My daughter-in-law comes from a very sick, dysfunctional family. Why did I expect her to be different than what she was raised with? And I did exactly what you suggested - pulled back and gave them space while making it known my love was constant and my support always available. Sadly, it took me five long years to figure out that was what I needed to do!

But I was there with a relaxed kindness when called upon. I always told my son I loved him and could see the tough spot he was in. Well, it worked. I lowered my expectations, and we all get along today. I'm glad you were there for this poor writer. Patience and tolerance have ruled the day. - Happier MIL

Dear Happier MIL: Bravo for navigating a sticky situation with poise and compassion. Thanks for letting us know that patience really can work in such cases.

"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.

CELEBRITY CIPHER

by Luis Campos

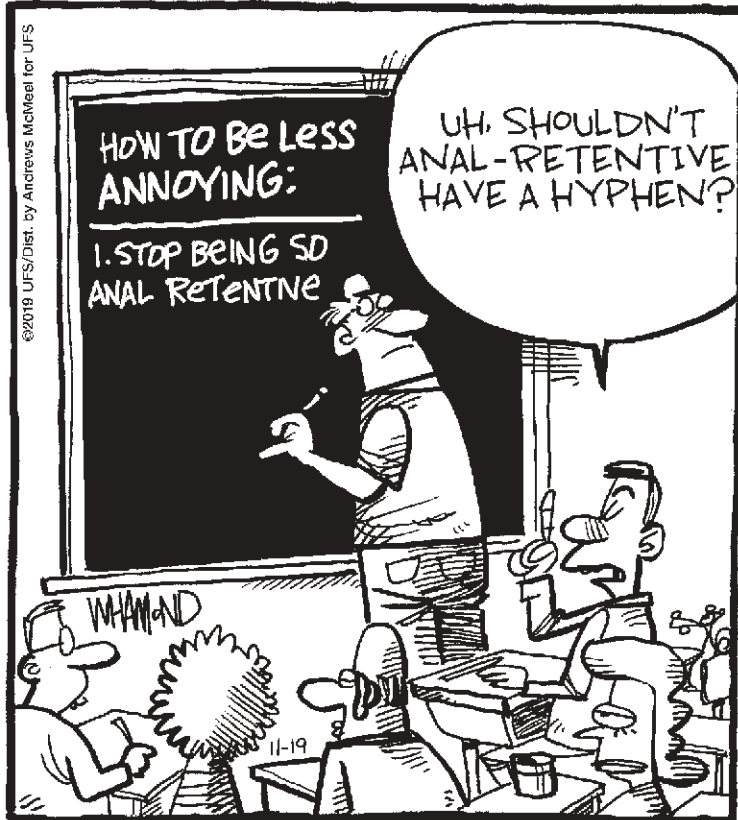
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" K DHUG ZMCX YZWAKVB PIWOWPGXOU
WVJ BXGGKVB YWKJ SMO KG, WVJ
GIWG'U NIWG K NWVG GM JM GKZZ GIX
JWA K J KX." — OWKVV NKZUMV

Previous Solution: "I'm pretty much a straight guy on 'The Office.' We can't all be crazies. You need some balance." — Oscar Nunez

TODAY'S CLUE: r sienba a

REALITY CHECK



HERMAN

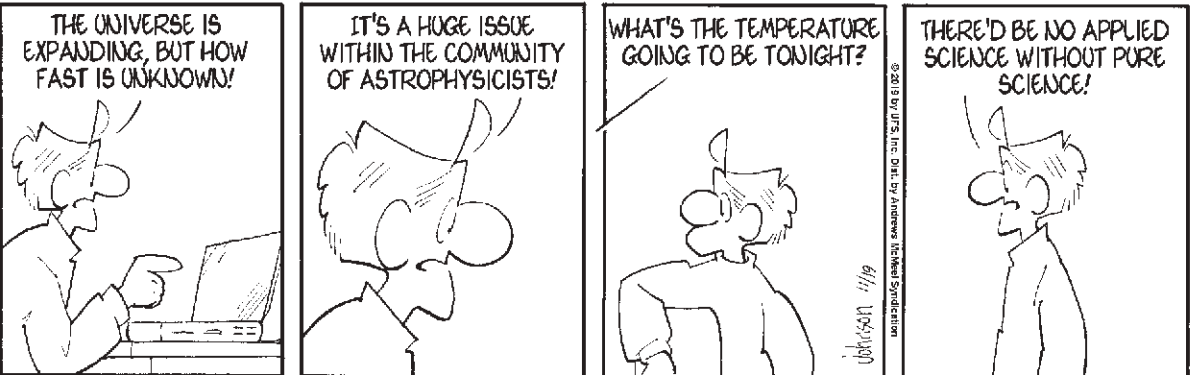


"You're supposed to read it aloud!"

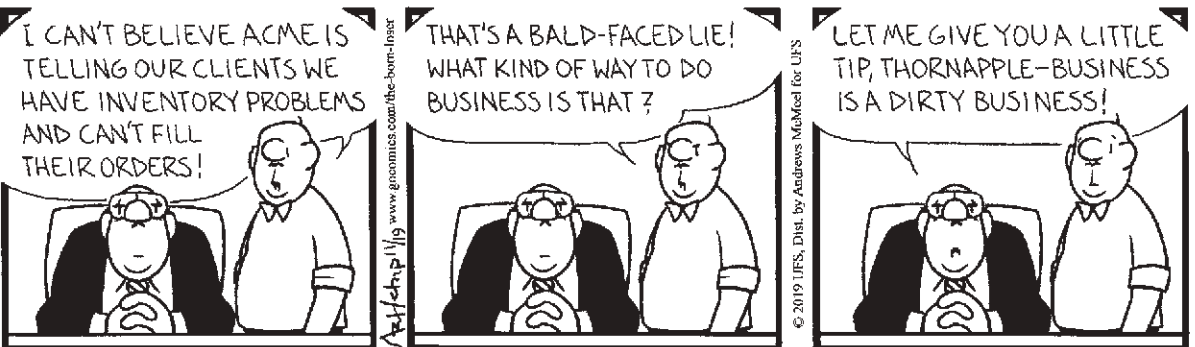
ALLEY OOP



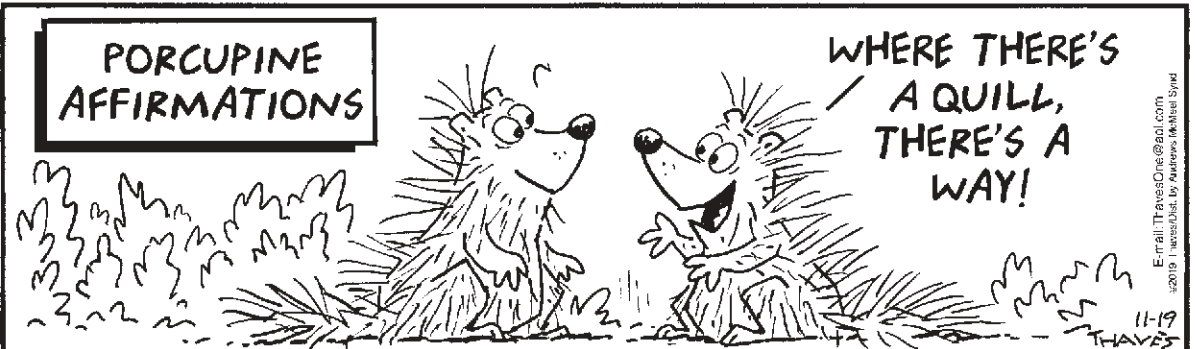
ARLO & JANIS



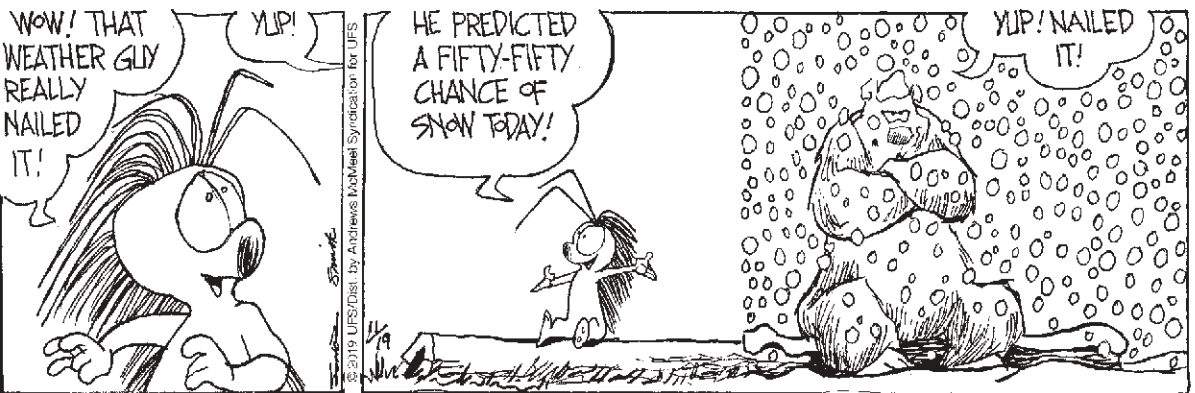
THE BORN LOSER



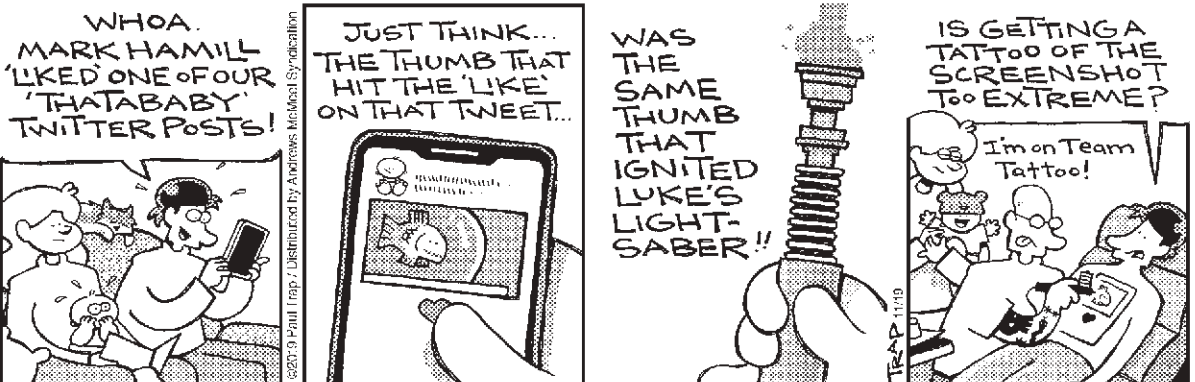
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 E-MAIL: classad@sherbrookerecord.com
 OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND NOON

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

CLASSIFIED

Guilt-free, healthy chocolate chip cookies

There is nothing better than eating guilt-free comfort foods, especially during a long and cold winter. Looking for a healthy dessert to finish off your meal? This chocolate chip cookie recipe is just the treat you've been looking for.

replacement shake powder

Directions:

1. Preheat oven to specified temperature on package directions.
 2. Combine all ingredients in mixing bowl. Beat well until soft dough forms.
 3. Drop by teaspoons two inches apart onto ungreased cookie sheet. Bake according to cookie package directions.
 4. Remove from oven and let cool for around 10 minutes before removing from cookie sheet.
- Nutritional information per two cookies: calories 182, protein 2.5 g, carbohydrates 22 g, dietary fibre 2 g, sugar 12 g, fat 3.5 g, sodium 104 mg.*

(www.newscanada.com)

Healthy Chocolate Chip Cookies
Makes: 36 cookies
Cooking instructions vary by cookie brand
(see below)

Ingredients:

- 1 (17.5 oz.) package chocolate chip cookie mix
- 1 1/2 cup margarine, soft
- 1 egg
- 2 tbsp water
- 1 (2.08 oz.) package AdvoCare vanilla meal

040 Wanted to Rent

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PUBLIC NOTICE

The Société de transport de Sherbrooke publishes, for information purposes, by virtue of Article 90 of the *Loi sur les sociétés de transport en commun*, (R.L.R.Q., c. S-30.01), its resolution no. 129-19 decreeing a modification to the **rate structure**.

RESOLUTION NO. 129-19

IT IS UNANIMOUSLY ADOPTED:

That the following fee scale be and is approved and effective **January 1, 2020**.

Exact Payment	\$ 3.30
Monthly Pass	
- Family and transferable	\$ 92.50
- Regular	\$ 80.80
- Reduced	\$ 61.20
1 day pass (family and individual)	\$ 10.75
ÉtéBUS (July and August)	\$ 61.20
Token	\$ 3.30
11 years old and less	Free

That from the enforcement date all past resolutions with respect to rates be and are repealed.

Certified true copy in Sherbrooke, November 14, 2019.

Patrick Dobson
 Secretary

Email your classified ad to us!
Fast and convenient!
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SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

11/19 © 2019 Dist. by Andrews McMeel Syndication for UPS

PREVIOUS SOLUTION

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

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

THE RECORD

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Find the right person for the job in advertising in our **Career Section**

Many Record readers want a career change and are looking for a new job. Shouldn't your ad be in The Record's Career Section? For reservations or further information, please call

THE RECORD
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ON NOVEMBER 26TH

Brome County NEWS  THE RECORD

will publish a special supplement in partnership with The Pet Connection Lennoxville, SPA des Cantons, SPCA Montérégie and Frontier Animal Society.

This edition will be filled with wonderful pets up for adoption, success stories and adoption tips.

If you have already adopted a pet and would like to submit a photo of your pet along with a small text about your success story please send before November 19th to **classad@sherbrookerecord.com**

NEA Crossword Puzzle

Your Birthday

TUESDAY, NOVEMBER 19, 2019

old idea and find a way to give your plan a trendy new look. If you update your appearance, it will boost your confidence. New beginnings look promising.

TAURUS (April 20-May 20) — If you use your knowledge and stamina to tackle a situation, you will get ahead. A gesture someone makes will leave you feeling good. Follow your heart and make positive adjustments.

GEMINI (May 21-June 20) — If you want to get to the bottom of a matter, speak the truth and find out where you stand. Try using your skills and attributes to achieve something different.

CANCER (June 21-July 22) — Hard work will lead to a higher income and increased recognition. An offer you make will interest someone with whom you want to collaborate. If you discuss the worst-case scenario, you'll be given sound advice.

LEO (July 23-Aug. 22) — Have fun, but do so moderately. Too much of anything will lead to a loss or an emotional let-down. If you want something, be honest and make your expectations apparent.

VIRGO (Aug. 23-Sept. 22) — Dodge emotional adversity. If someone puts pressure on you to be indulgent, say no. You are better off looking for ways to boost your income.

LIBRA (Sept. 23-Oct. 23) — Don't expect to please everyone with your choices. Focus on what makes you happy and the people who bring out the best in you. Personal improvement is encouraged.

Look past petty annoyances and focus on what's possible. Challenge yourself to be better, stronger, wiser and more flexible. Make a change for the right reason, and channel energy into positive pursuits. Strive for peace and eschew chaos.

SCORPIO (Oct. 24-Nov. 22) — Use your experience to your advantage. Know enough to back away from unstable situations. If you seek out people and projects that show promise, you'll avoid unnecessary drama.

SAGITTARIUS (Nov. 23-Dec. 21) — Take care of unfinished business. The last thing you want to do is waste time or let your emotions lead to poor financial choices. Physical well-being and personal growth should be priorities.

CAPRICORN (Dec. 22-Jan. 19) — Make your surroundings more comfortable. Don't leave anything to chance when it comes to bureaucratic matters. Make sure your passport, insurance and taxes are up to date.

AQUARIUS (Jan. 20-Feb. 19) — Gather facts, not gossip. Accept information only from a reliable source. Protect your assets and possessions. Make a physical adjustment that adds to your appeal. Romance is encouraged.

PISCES (Feb. 20-March 20) — Stifle any matter that could reopen a problem you faced in the past. Offer help only to those you know well and trust. Walk away from indulgent behavior.

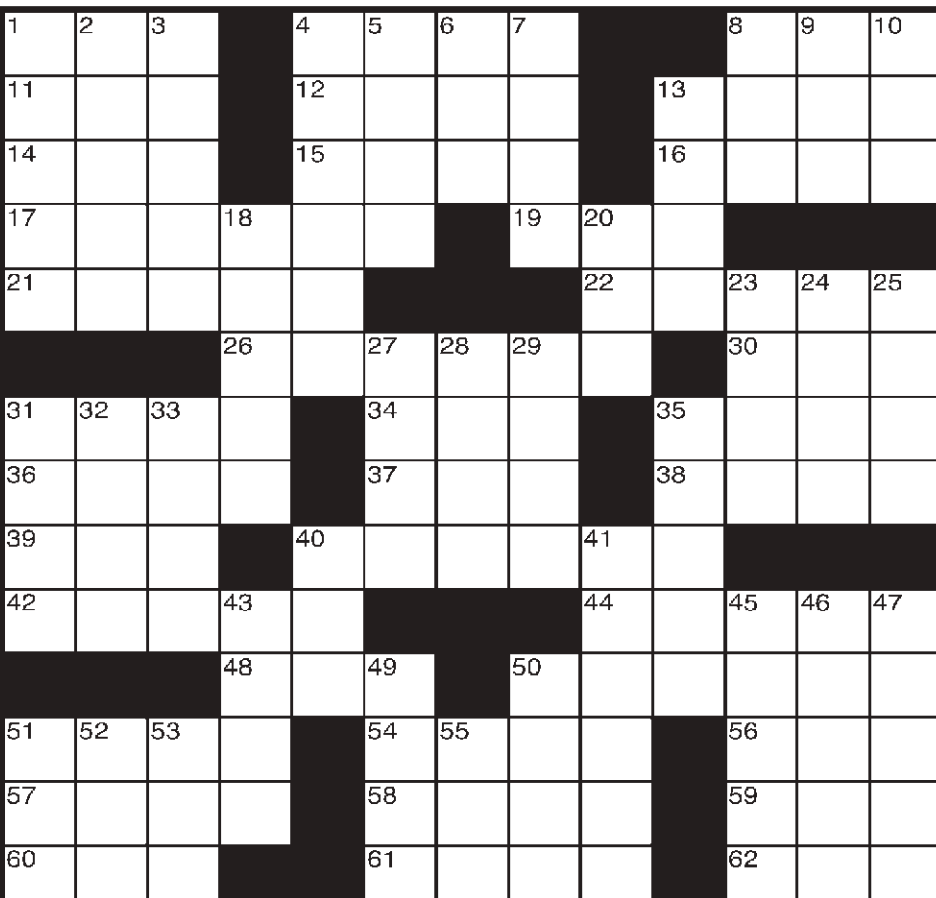
ARIES (March 21-April 19) — Revisit an

Answer to Previous Puzzle



- ACROSS**
- 1 Go to court
 - 4 Lose color
 - 8 Combat
 - 11 Cash giver, for short
 - 12 Zealous
 - 13 Indulge
 - 14 Derrick arm
 - 15 Obi-Wan, for one
 - 16 Really skimps
 - 17 Vinegar acid
 - 19 Young Cratchit
 - 21 Jeweler's unit
 - 22 Apple product
 - 26 Moat possessor
 - 30 Floor
 - 31 Sub shop
 - 34 Also
 - 35 Bad sign
 - 36 Put out heat
 - 37 Packing slip (abbr.)
 - 38 Fresh
 - 39 Band need
 - 40 Cleric
 - 42 Precise beam
- DOWN**
- 1 "Wheel" host
 - 2 Erie Canal city
 - 3 Glowing coal
 - 4 Marinated beef strip
 - 5 With, to Yves
 - 6 Performed
 - 7 Emend
 - 8 Chinese pan
 - 9 Wolfed down

- 10 Lawyer's thing
- 13 Half, in combos
- 18 Implied
- 20 Cold cube
- 23 Woman of rank
- 24 Water pitcher
- 25 Cleaved
- 27 Agitate
- 28 Nobelist — Morrison
- 29 Feel warmly toward
- 31 Negotiate
- 32 Stone or Watson
- 33 Gloss target
- 35 Of the eye
- 40 Inverse of "post"
- 41 Medicine man
- 43 Major Hoople's exclamation
- 45 "The Trial" author
- 46 DeGeneres of daytime
- 47 Pitch
- 49 Become liquid
- 50 Cracker topper
- 51 Vet patient
- 52 Coffee maker
- 53 Smidgen
- 55 Volcanic dust



TUESDAY, NOVEMBER 19, 2019

Should you turn this way or that?

By Phillip Alder

For many years, The Bridge World magazine has included a quiz called "Playing Suit Combinations" by Fred Gitelman and Jeff Rubens. Now 66 of them have been put into book form with the same title (Bridge World Books). The 96 pages begin with advice on how to analyze combinations, followed by the test-yourself section.

In today's deal, how should South play in either six hearts or seven hearts after West leads the club queen?

Gitelman was a world champion in 2010 but is best known for being the architect of Bridge Base Online (bridgebase.com). Rubens is the editor of The Bridge World. He represented the United States in the 1973 Bermuda Bowl, is a member of the American Contract Bridge League's Hall of Fame and is one of the game's leading theorists.

If North uses some form of Blackwood, he will learn that the heart king (or perhaps an ace if employing Roman Key Card) is missing and will stop in six hearts (or six no-trump).

In six hearts, you can afford one trump loser, but not two. You should start by cashing the ace. If you collect only the eight and the nine, cross to dummy and lead a heart, looking care-

North 11-19-19			
♠ K Q J 10			
♥ 3 2			
♦ K Q J 10			
♣ A K 5			
West		East	
♠ 7 5 3 2		♠ 8 6 4	
♥ J		♥ K 9 8	
♦ 8 6 5 2		♦ 7 4 3	
♣ Q J 10 9		♣ 8 6 3 2	
South			
♠ A 9			
♥ A Q 10 7 6 5 4			
♦ A 9			
♣ 7 4			
Dealer: South			
Vulnerable: Both			
South	West	North	East
1♥	Pass	1♠	Pass
3♥	Pass	4NT	Pass
5♦/♠	Pass	6♥	All Pass
Opening lead: ♣ Q			

fully at East's card. If he plays the jack, cover with the queen; if he wins with the king, play low; and if he shows out, gnash your teeth quietly because you are going down!

In seven hearts, though, you must hope that either East has king-doubleton or West has jack-singleton. Immediately play a heart to your queen.