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MONDAY, DECEMBER 18, 2017

Don't be fooled, there's nothing local about "The Sherbrooke Times"

By Gordon Lambie

Last week a Radio-Canada report called attention to a series of online newspapers that have been masquerading as legitimate sources of English news in Quebec for several years.

According to the report, the websites are all based in the Ukraine, under the management of a single individual.

At first glance the sites present themselves as fairly ordinary online news magazines. A closer look, however, quickly points out how thin the "Quebec" identity they have assumed is.

The Sherbrooke Times "About" page offers the following, nonsensical description of the publication:

"The Sherbrooke Times is Sherbrooke provincial newspaper. Internet newspaper The Sherbrooke Times successfully introduce and develop in Canada a high standard of new media formats - new-media, synthesis papers, TV, radio and Internet portal with HD-technology."

The page then goes on to list an entire made up editorial team whose names do not appear anywhere else on the website

CONT'D ON PAGE 3

Ayer's Cliff students help with local Christmas basket campaign



SAMANTHA YOUNG

By Matthew McCully

Grade 5 and 6 students from Ayer's Cliff Elementary School joined a dozen volunteers at Beulah United Church on Friday to help sort and prepare Christmas baskets for local families in need during the holiday season.

"They've been coming for the last 15-20 years," said Dean Young, a member of the ad hoc committee for the Ayer's Cliff Christmas Basket annual campaign.

"They love it," Young said, explaining

that the kids enjoy getting into the Christmas spirit and also having a sense of ownership in helping out their local community.

According to Young, volunteers explain the purpose of the baskets and what kind of impact it will have on the families receiving them, which resonates with the students, he said.

"They kind of go away with a little glow in them," Young said, adding the students are happy to have helped.

This year the campaign prepared 27 baskets, a record for the local initiative.

Young added that the donations col-

lected this year were close to double what they usually get.

The initiative was first organized by Reverend Doreen Moffat, former reverend of Beulah United Church around 20 years ago.

Her intention was to bring together all the community organizations with a desire to help during the holiday season to join forces and create Christmas baskets rather than duplicate efforts.

For years now, local churches and countless other groups and businesses work together each year and contribute to the baskets.

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TUESDAY:  
SNOW OR  
RAIN

HIGH OF 2  
LOW OF -6



WEDNESDAY:  
60% CHANCE  
OF FLURRIES

HIGH OF -4  
LOW OF -16



THURSDAY:  
SUNNY

HIGH OF -12  
LOW OF -14



FRIDAY:  
PERIODS OF  
SNOW

HIGH OF -3  
LOW OF -8

# Holiday fun for Potton's Boys and Girls groups



## THE SCOOP

### MABLE HASTINGS

Some thirty youth ages 5-12 from the Missisquoi North Volunteer Centre (CABMN) weekly Boys and Girls groups came together on Friday, December 15 to enjoy a Christmas celebration at the Youth Centre. Organized and animated by CABMN staff, Sarah Jersey and Deborah Dimitruk who were assisted by volunteers, the gathering was a joyous and festive one.

The event began with volunteers, Chris Lacroix and Linda Jersey in the kitchen flipping pancakes and the youth then enjoying the tasty treats as a special afternoon snack. This was followed by a Christmas Story that reminded the

kids to be grateful and humble during the holiday season. As the story ended, the sound of sleigh bells filled the air and soon, the Big Man in Red appeared to hand out gifts to all. The children then sang carols as Santa departed to head to the North Pole to get ready for his upcoming big night.

The games began after Santa left and a buzz of excitement filled the air. First it was roll the dice and unwrap the gift as fast as fast can be and then, carolling with your mouth full of marshmallows and finally, the drawing of many prizes both big and small.

By events end, the animators, volunteers and the kids were nearing exhaustion! Wishes were exchanged for the best for the holiday season and by 5:30pm; the large room in the Youth Centre was quiet again.

"I really appreciate the time given by the volunteers," said Sarah Jersey who coordinates the two groups. "It takes a good group of helpers to make something like this run so smoothly and both Deborah and I are very grateful to have the support of the people here helping today."

Besides Linda and Chris, other volunteers included, Sheila Samborsky and

Blair Anderson as well as help provided by YC staff member, Eleanor Cote.

The Boys group meets weekly at the Centre on Thursdays after school to 4:30pm as does the Girls group that meets on Fridays during the same timeframe. The annual registration fee per youth to join either group is just \$10.00 per year. For more information contact the CABMN Youth Centre at 450-292-4886 or visit the CABMN website at [www.cabmn.org](http://www.cabmn.org)



Ben by Daniel Shelton



# LOCAL NEWS

In Quebec, smoking is responsible for more than 10,000 deaths annually.

## CIUSSS moves forward gradually with smoke-free plan

Record Staff  
SHERBROOKE

The CIUSSS de l'Estrie - CHUS clamped down a little harder on the side of public health by adopting a policy aimed at making their facilities completely smoke-free, both indoors and outdoors by 2022.

In order to achieve this goal, the regional health and social services agency will put a series of measures in place to promote non-smoking and support those who want to quit. This policy also concerns the use of the electronic cigarette and any other combustible substance that is inhaled.

"Aware that the application of this policy affects the living environment of certain users who are housed in long term care within our various facilities, the institution has consulted its various departments and the user committees of several CHSLDs within its jurisdiction and everyone agrees on the need to protect non-smokers from the harmful effects of second-hand smoke, but the consensus is to implement the policy by adopting an approach that will be "for and with users, their relatives and the public," says Patricia Gauthier, President and CEO of the CIUSSS of Estrie - CHUS.

"The gradual closure of CHSLD smoking rooms by 2022 will be evaluated on a

case-by-case basis, so that establishment is achieving its goal of creating smoke-free environments while respecting the needs of users." As a result, it is expected that no smoking room will be closed in a CHSLD without the consent of the users committees of the facility concerned," adds Public Health Director Dr. Mélissa Généreux.

Smoking and exposure to second-hand smoke are the greatest health risks for people in North America. In Quebec, smoking is responsible for more than 10,000 deaths annually. Studies show that non-smokers exposed to second-hand smoke are at increased risk of developing cancers, respiratory problems,

and heart disease. Only the creation of 100 per cent smoke-free spaces provides effective protection, the agency says. The adoption of this policy is also part of the Ministry of Health and Social Services' desire to reduce the smoking rate and the dangers associated with exposure to second-hand smoke.

In the Estrie, 16.5 per cent of the population aged 18 and over are smokers, or about 65,000 people. The government's preventive health policy aims to reduce this proportion to 10 per cent by 2025.

## Don't be fooled

CONT'D FROM PAGE 1

or the internet. The newspaper also claims to be based on the "2nd Floor" of Postmedia headquarters in Toronto.

In terms of the content of the sites, the news presented is a combination of information coming out of other locations around the world and articles that are quite obviously word-for-word translations of articles coming out of local newspapers like La Voix de l'Est or media like TVA. The more remarkable acts of plagiarism are not even subtle, like on Sunday morning when "The Siver Times" featured an article about a restaurant fire in Montreal that included the original author's name.

Like in the aforementioned "about" section, the translations are often basic and quite unclear.

"It is, for us, an attempt at spreading fake news," said Stephane Giroux, President of Quebec's federation of journalists, the FPJQ.

Although troubled by the blatant theft, Giroux said that the greater concern in this case is that these websites can easily become a platform from which to publish fake news. In this way, not only are Quebec journalists and media organizations having their work published for the profit of others without permission, but they are also potentially being used to legitimize the spreading of lies and misinformation.

"You create a media, you try to pretend it is from a given region, you steal the content, translate it roughly, and then claim that you have a local voice in that province," Giroux said. "How they can justify doing this I have no idea, but

it is extremely dangerous for the freedom of the press."

The FPJQ President said that although people in Quebec will likely see through the poor translation and fake editorial team, the guise of being "local media" is one that stands to fool people from other parts of the world.

"What this does is create doubt in the mind of the readers," Giroux said. "Let's say you're in the Middle East or Australia and you want to hear about Sherbrooke, you Google it and end up on a site like this. You don't know except for the poor English that it is fake. This is extremely dangerous."

Giroux admitted that he is not an expert in copyright law, but said that he couldn't imagine there being significant opportunities for legal defense of the journalists whose work is being stolen.

"You're talking about a situation created in a foreign jurisdiction, Ukraine of all places," the president said. "You want to go there to enforce copyright laws from Canada? It's a very long shot."

Given that reality, Giroux said that the only option left is to let people know and encourage readers to be critical of what they see on the internet.

"It's not because you found news on the web that it's real news from a legitimate news organization," Giroux said. "With the web it is way too easy to confuse readers about what is real and what is fake."

Aside from undermining the truth, the FPJQ President also noted that the fake sites draw readership away from legitimate news sources in that are working on the ground.

"It's a real shame," Giroux said. "Peo-

ple need to be cautious when they see websites like this."

According to the original Radio-Canada report, the Ukrainian sites identified: The Sherbrooke Times, Quebec Telegram, the Stopru, the Quebec Post,

the Quebec Times, the Siver Times, the Siver Telegram and Vtabloid have all been reported to Google and had their advertizing accounts terminated. The sites should also have been removed from Google News.



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# Mt. Orford adds alpine hiking trails

Record Staff

The Mont-Orford Ski & Golf Corporation and Sépaq have just announced a new partnership agreement to improve the area's alpine hiking with the addition of two new trails on the lands jointly occupied by Mont-Orford ski resort and Mont-Orford national park.

among skiers and endurance sports enthusiasts and is also known as skimo or ski mountaineering.

It involves climbing a mountain using skis with a special binding and a removable sealskin surface to increase traction. The practice can now be done on a total of five trails, whose distance varies between 600 meters and 3 km.

The new 2.65 km Le renard trail begins at the Giroux Est base and provides

access to the Giroux and Orford summits via the existing network

Since the hiking trail system is found in both the national park and the ski resort, users will need to purchase two separate season passes for access. The Mont-Orford ski resort will cost \$50 per adult per year, whereas access to the trails in the national park will require a Sépaq annual pass at \$42 per adult or a daily access fee of \$8.50 per adult. It

should be pointed out, however, that the Sépaq pass provides access to all hiking and snowshoeing trails throughout Mont-Orford National Park.

Alpine hiking trails will be available from 6 am to 9 pm and hikers will have to respect certain designated areas, depending on the alpine skiing hours of operation.

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# Dancing up a storm at Potton's Youth Centre



**THE SCOOP**  
**MABLE HASTINGS**

**W**ith the start up of the ski season, the Missisquoi North Youth Centre Saturday Dance program will break for a few weeks to allow the youth time to enjoy some outdoor skiing and snowboarding. The group of youth ages 5-12 years has been meeting since the fall to start preparing for the 2018 Talent Show that will be held in June. On Saturday, December 9 parent volunteer, Patricia Lachance and YC Staff threw the group a dance party with snacks and fun at the CABMN Youth

Centre located at 282 Principale in Mansonville. Once ski season winds down, the weekly dance group will re-start through to the show in June. This year's theme is a Salute to Musicals and the numbers are already proving to be amazing and a sure walk down memory lane. The party on December 9 included

music with DJ Jerk, Jeremy Eldridge who volunteered his time and talents. The kids enjoyed the event and great fun was had by all. To find out more about the CABMN Saturday Dance program, contact Mable Hastings at 450-292-4886 or visit the website at [www.cabmn.org](http://www.cabmn.org)



# Magog ready for winter with rinks and slides

Record Staff

**T**he City of Magog opened its ice skate path, the ice outdoor rinks, and the Municipal Sliding Area Sunday, just in time for holiday enjoyment.

The 2.5 km ice path runs along the shores of Lake Memphremagog. It is lighted and a heated chalet is available

at each end. Opening hours, which also apply at the Merry Point Ice Rink, are from 8 a.m. to 10 p.m. daily.

The rinks in the Hautes-Sources, Maurice-Thérout, Princess Elizabeth, La Ruche High School, Omerville, des Patriotes and du Ruisseau parks are open Monday to Friday from 3:30 p.m. to 9 p.m. with the exception of that at La Ruche High School, which is open from

4 to 9 p.m.

The supervised and illuminated sliding area is located at the launch ramp on Hatley St. The area is equipped with heated building for users and is open Thursdays and Fridays from 3:30 p.m. to 7 p.m. and from 9 a.m. to 6 p.m. on weekends, public holidays and pedagogical days.

To locate the various parks, the City

of Magog has provided an interactive map of parks and green spaces on the city website: [magog.qc.ca/parcs](http://magog.qc.ca/parcs).

To learn about the conditions and schedules of the ice trail and outdoor rinks, the public is invited to contact the Info-Conditions line at 819-843-0011. For the sliding area, the number to call is 819 843-1927.

# Christmas basket campaign

CONT'D FROM PAGE 1

"It's too many to name; there are so many people who want to help," commented Young.

The families on the list to receive a basket are from the Ayer's Cliff area; the names come from the Magog food bank, local schools, or through word of mouth.

They could include a family that just had a baby, an older couple where one partner broke a hip, or a single parent trying to make ends meet. Others might be a recommendation from a perceptive neighbour, aware of a need but also aware that not all families feel comfortable coming forward to ask for help.

The baskets are often tailored specifically to the needs of the family.

The Christmas baskets are picked up through school or Beulah United, or delivered by volunteers. Most reached their destination over the weekend.

"Some families are surprised," Young said, when someone arrives at their door with a basket. "Well, somebody knew you could use it," he replies.

The IGA grocery store chain has a

campaign where it makes pre-prepared bags of non-perishable essentials available for \$10. Anyone wanting to help out can buy a bag, which goes to local food banks for distribution. This year, Young said the Ayer's Cliff Christmas Basket campaign received over 150 bags of food.

According to Young, one local donated \$1,000 worth of pork to add to the baskets.

The Ayer's Cliff Christmas Village committee also gave all of its extra candy bags to the campaign to add some sweet treats.

Young said the campaign also receives financial donations which it uses to add some perishables to the baskets for a Christmas dinner.


There is no shortage of people willing to help out, Young said. There were originally 26 baskets prepared, and then at the last minute, someone came forward on behalf of a community member currently in a difficult situation.

"The guy told me If you don't have something, let me know, I'll do something myself," Young said.

Beulah United maintains a small food

bank year-round that is stocked regularly by community members. They also keep a small financial reserve for emergencies, so preparing one more basket

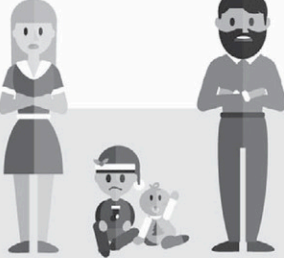
was no problem, Young said.



**CORRECTION**


Please note that the advertisement for Volvo Sherbrooke that appeared in The Record on December 15 was incorrect. There is no test drive this year for Centraide. The Record regrets any inconvenience this may have caused.

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# EDITORIAL

As it turned out, Alabama voters – thanks to the overwhelming participation of black voters, particularly women – rejected the presumed pedophile.

## The disgrace of famous men



MIKE McDEVITT

“It’s not a good year to be hanging mistletoe around the office,” the viral meme goes, reflecting the rumble raging through the dynamics of social interaction in the wake of the responses to what has generally become known as the Weinstein Affair.

Earlier this year, widely, but not generally, known accusations of gross sexual improprieties habitually committed by one of the most powerful and successful Hollywood producers in history, Harvey Weinstein, became the wellspring for a cavalcade of accusations against him and other powerful Hollywood celebrities. This in turn, soon evolved in to #MeToo campaign in which women, both famous and the obscure, related their own experiences of sexual abuse and harassment, bringing down several well-known entertainers, executives, and politicians and shining a bright, unmistakable light onto an uncomfortable and frightening reality in most women’s lives.

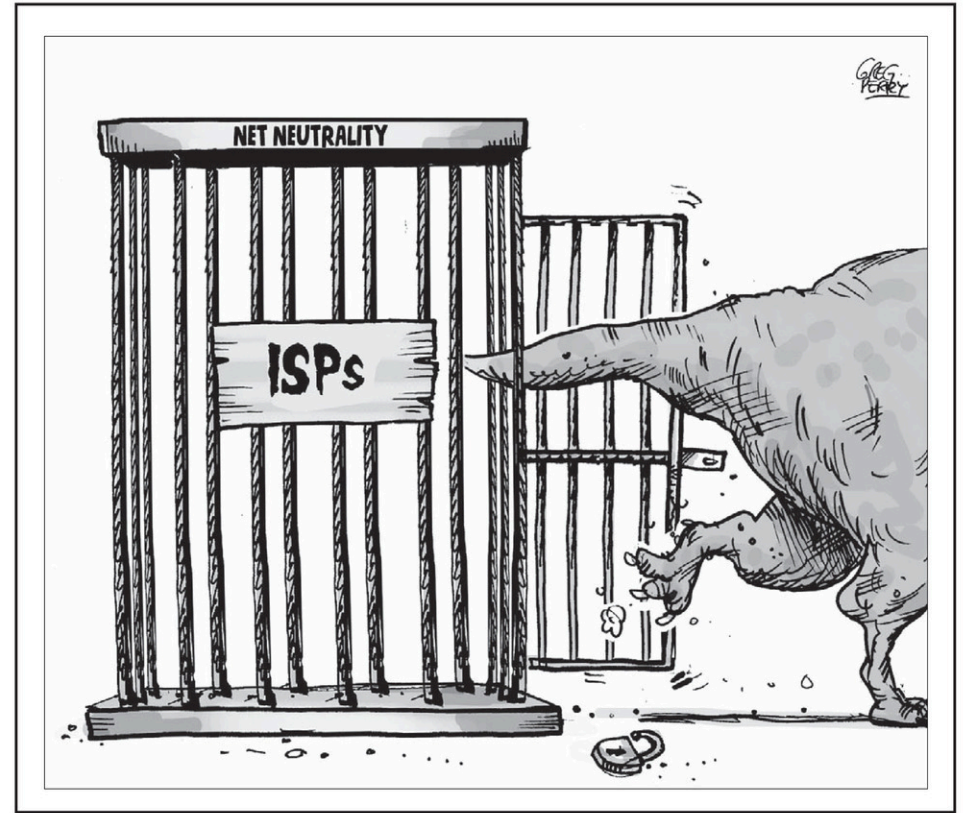
Then, the issue of sexual misbehaviour leapt into a focused national gaze with the special Senate election in the State of Alabama, where sexist, racist, theocratic, and authoritarian traditionalist Roy Moore seemed set to inherit the seat of former Senator Jefferson Davis Sessions who quit to assume the responsibilities of Donald Trump’s Attorney General. On the surface, Moore was the ideal representative of the stereotypical Alabama voter: he is a fundamentalist Christian in the depths of the Bible belt, a well-known defender of ‘traditional values,’ and of the white privilege that still lingers from the Civil War. To top it off, Alabama is a profoundly Republican state that hadn’t elected a Democrat in

decades. Everything was rolling along nicely as Moore railed against abortion, immigrants, blacks, and feminists and vaunted the glories of the Trumpian buffoon. Then came a story from a little girl.

Allegations emerged that, some 40 years ago, Moore had aggressively committed indecent acts against a young girl of 14, a felony sexual offence. It was then revealed that at the time in question, Moore who was an assistant District Attorney in his 30s, had a well-known predilection for cruising local malls and high school sporting events in search of nubile young girls to accost. This hobby he persisted in shamelessly until he was eventually banned from the mall entirely. Sadly, there isn’t anything new or shocking about young girls being preyed upon by older men, but the way in which Moore had openly, almost proudly, pursued his inclinations did grab considerable attention and shed a dark public glare on the state of Alabama itself and the deep ‘Christian’ value system it espoused. If Roy Moore was well known to like to fool around with high school girls, how was it that he had been able to successfully pursue a very public career and occupy some of the most prestigious elected positions in the territory?

It then became an ‘all eyes on Alabama’ situation in which pundits speculated on whether the state would elect a child molester or, God forbid, a Democrat whose record includes successfully prosecuting the Ku Klux Klan and the men who murdered four young black girls by setting them afire in a church. The affair became a national dilemma for the Republican Party as well, forcing national figures into the uncomfortable position of supporting a man accused of despicable things or condemning him outright.

As it turned out, Alabama voters – thanks to the overwhelming participation of black voters, particularly women – rejected the presumed pedophile. But just barely. The state of Alabama managed to avoid the major embarrassment of Roy Moore in the Senate, but sadly, a full two thirds of white voters supported him and that includes over 60 per cent



of white women. Many others, with similar beliefs, but who could not support a pervert, stayed home.

Roy Moore was the perfect example of the modern Republican politician. He is backward-looking, intolerant, self-righteous, racist, and a gun-loving misogynistic pig. He opposes women’s reproductive rights, immigration, the separation of church and state, and has stated publicly that Muslims should not be allowed to sit in Congress and that women should be forbidden to vote. Had he been able to keep his hands off little girls, he would have been elected in a landslide and those opinions would be flavouring public debate even more than they are now.

America’s current preoccupation with sexual misconduct has had some satisfying consequences. The defeat of Roy Moore is one of the most spectacular, as is the similar fall from grace of men such as Weinstein, Fox News blowhard Bill O’Reilly, and network head Roger Ailes. Less satisfying are the revelations against left-leaning Senator Al Franken and comedian Louis CK, and journalists Charlie Rose and Tavis Smiley. Despite the unpleasant nature of the accusations against these men, it is difficult to conclude that the women’s cause is better served by their absence from the scene. Finally, to bring the thing full circle, on Sunday a female Democratic candidate for a Kansas Congressional seat withdrew from the race after charges against her for sexual harassment made by a former subordinate resurfaced.

The #MeToo movement had a profound impact on millions of people: it not only empowered victims and women who live their lives in constant fear of harassment, belittlement, shaming, or outright assault but it also stripped some of the blinders from the men in their lives, who have not only had to ac-

knowledge the wholly inadequate way our society handles such things but also their own role is perpetuating, tolerating, or ignoring the reality of this oppression.

On the other hand, the movement has also become ensnared by the societal tendency – fed by social media – to pass instant and absolute judgment on any all who fall under suspicion or accusation. This kind of condemnation can bring about the end of careers and public disgrace and can also come with a very high financial price tag. It can also deprive those tarnished with a meaningful ability to defend or redeem themselves and it tends to eliminate any sense of scale. Roy Moore’s sexual misadventures are not the worst thing about him and, in fact, are not universally seen as ‘bad’ within the culture in which they took place. Weinstein’s, on the other hand, were vicious, blatant, and inflicted deep and long-lasting harm on those he targeted.

Democrats and progressives throughout the United States took great joy and relief from the defeat of Roy Moore in the Alabama election and women everywhere have zealously welcomed and embraced the #MeToo movement, but these victories are potentially only pyrrhic if that is where they lie. Roy Moore was not defeated because he is an evil, hateful man with disgusting ideas about gender, human rights, race, and religion; he was defeated because he used to like to play with little girls. A similarly racist, misogynistic, homophobic theocrat that doesn’t molest little girls is right around the corner and waiting his turn. The sexual power imbalance so vividly put on display by the Weinstein and similar scandals continues to exist and will until we can find a way to overcome the habits and traditions that feed it. An election and the disgrace of some famous men won’t do that.

### THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2  
FAX: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com  
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER ..... (819) 569-9511  
STEPHEN BLAKE CORRESP. EDITOR ..... (819) 569-6345  
SERGE GAGNON CHIEF PRESSMAN ..... (819) 569-9931

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The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

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# Local Sports

Sherbrooke cut the lead to two when Kolby Johnson fished out the puck from a pile of bodies in front of the Armada net for his first career goal in the QMJHL at 2:46 of the third.

## Annual Lennoxville Curling Club Turkey Bonspiel

The annual Lennoxville Curling Club's Turkey Bonspiel was played from December 13th to December 16th, 2017. The winning team of the Turkey Trophy and of the biggest turkeys was Team Jim Mastine with Daniel Mercier, Pierre Massé and Françoise Cardou. The winning team of the B section was Team Diane Bourque with Christian de Passillé, Denis Singher and Roger Beaudette.



PHOTOS COURTESY OF LENNOXVILLE CURLING CLUB

(L to R) Back row: Johanne Poulin, Sylvia Smith, skip Garth Smith and Louis Duval  
Front row: Françoise Cardou, Daniel Mercier, Pierre Massé and skip Jim Mastine.



(L to R) Back Row: skip Jeff Cheal, John Tomasik, François Lacourse subbing for Sylvain Simard and Jay Xu  
Front Row: Roger Beaudette, Denis Singher, Nancy Baldwin subbing for Christian de Passillé and skip Jeff Bailes subbing for Diane Bourque.

## Sherbrooke bested by Armada 5-2

Phoenix drop 4 of their last 5 games going into holiday break

By Dylan Konecny

Sherbrooke battled hard against the No. 1 ranked Blainville-Boisbriand Armada over the weekend in their last game before the holiday break. However, despite outshooting the Armada 41-25, the Phoenix were bested 5-2 on the road taking their fourth loss in their last five games.

The Armada were led on offence by Rémy Anglehart who scored a hat-trick for the Silver and Black. In net, Francis Leclerc put in a standout effort stopping 39-of-41 shots to earn the game's second star.

The first half of the game was hard

fought with neither the Phoenix or Armada able to crack the scoresheet until midway through the second period when Joël Teasdale opened the game's scoring at 8:32. From there, the Armada added two more goals in the next five minutes to chase starting goalie Brendan Cregan from the net. Anglehart scored unassisted at 11:13 and Maxime Collin made it a three-goal lead at 13:04. Cregan made stops on 12-of-15 shots in 33:04 of action.

Sherbrooke cut the lead to two when Kolby Johnson fished out the puck from a pile of bodies in front of the Armada net for his first career goal in the QMJHL at 2:46 of the third. Just 28 seconds after

Anglehart scored his second goal of the game to make it 4-1 for the Armada, Samuel Poulin scored his fourth goal of the season at 14:42. To try and tie the game the Phoenix pulled their goalie and Anglehart seized the opportunity to get his third goal of the game on the empty cage at 19:01.

The Phoenix will go into the holiday break with a record of 15-13-5-2 and sole possession of 10th overall in the QMJHL. However, in the QMJHL's powerhouse West Division they are currently the 5th seeded team, trailing Blainville-Boisbriand, Rouyn-Noranda, Drummondville and Gatineau. Sherbrooke's next games will be a late December trip to the

Abitibi region to play Val-d'Or (December 28th) and Rouyn-Noranda (December 29th) before returning to the Palais des Sports to play Shawinigan on the afternoon of New Year's Eve.

Phoenix forward Marek Zachar continues to pursue a spot on the Czech Republic U20 national team for the World Junior Championships in Buffalo. Zachar has 30 points (15G, 15A) in 30 games with the Birds this season. Last year, Zachar suited up for the Czechs at the World Junior A Challenge on the U19 team and before that was the captain of the U18 team for the 2016 U18 World Championships.

## Canadiens offence goes absent in 3-0 loss to Senators in NHL 100 Classic

By Darren Desaulniers  
THE CANADIAN PRESS

The experience was a memorable one for the Montreal Canadiens even if the outcome was lousy.

The Canadiens fell 3-0 to the Senators on Saturday in the NHL 100 Classic outdoor game at TD Place in Ottawa. More than 33,000 fans took in the game and the festive atmosphere was evident.

"I had a lot of fun out there. The experience was a lot of fun," said Carey Price, who made 35 saves as the Canadiens were outshot 38-28.

Outdoor events may be good for hockey, but the game was quite simply awful for the Canadiens. They had just 16

shots through the first two periods and only made a push late in the third period when they were almost out of time.

Jean Gabriel Pageau gave the Senators a 1-0 lead in the second period and Bobby Ryan increased that lead to 2-0 with less than three minutes to play in the third. Nate Thompson iced the game with an empty netter.

"When you spend the night chasing after the puck instead of controlling it on your stick it makes a big difference. We chased the puck all night, we didn't create many scoring chances and in a game like this you have to have a blue-collar attitude and we didn't. They had a better one than we did," Canadiens coach Claude Julien said.

"We know we can give more and we're a better team than we showed," forward Paul Byron said.

"It felt like we couldn't get any bounces our way or make good passes. I had a real hard time and I know I can be better. We didn't generate too many chances and that's why we didn't score. Maybe after that Detroit game we thought we were better than we are."

The Canadiens had a chance to move to within a point of a playoff spot but instead find themselves three back in the Atlantic Division and just three up on the Senators with the Christmas break looming.

Byron, who is from Ottawa, enjoyed the time with friends and family and tak-

ing his kids on the ice Friday, but the end result trumped all that.

"Every loss is a bad feeling. I wanted to win this game pretty bad and I'm obviously disappointed about the result. Just because it's in my hometown doesn't make it personal. It's a big loss for the team and a big loss for our playoff push," he said.

"It's frustrating because we know we're better than the results at the start of the year and the results of the last five games."

They have a chance to try and turn things around when they continue their seven-game road trip Monday in Vancouver.

**In Memoriam**

**MARSH** - In loving memory of our father, Russell Marsh, who passed away on December 18, 2004.

*Dad, deep in our hearts you'll always stay,  
Loved and missed every single day.*

**Datebook**

MONDAY, DECEMBER 18, 2017

Today is the 352nd day of 2017 and the 88th day of autumn.

**TODAY'S HISTORY:** In 1865, slavery formally ended in the United States with the ratification of the 13th Amendment.

In 1892, Tchaikovsky's "The Nutcracker" premiered in St. Petersburg, Russia.

In 1957, the first civilian electricity-generating nuclear facility in America opened in Pennsylvania.

In 1958, a U.S. rocket launched SCORE (Signal Communication by Orbiting Relay Equipment), the world's first communications satellite, into space.

**TODAY'S BIRTHDAYS:** H.H. Munro aka Saki (1870-1916), author; Ty Cobb (1886-1961), baseball player; Robert Moses (1888-1981), urban planner; Betty Grable (1916-1973), actress; Ossie Davis (1917-2005), actor; Keith Richards (1943-), musician; Steven Spielberg (1946-), director; Ray Liotta (1954-), actor; Brad Pitt (1963-), actor; Steve Austin (1964-), wrestler/actor; DMX (1970-), rapper/actor; Katie Holmes (1978-), actress; Christina Aguilera (1980-), singer.

**TODAY'S FACT:** The SCORE satellite launched in 1958 used a tape recorder to save and relay voice messages. It communicated a Christmas message from President Dwight D. Eisenhower to the world via shortwave frequency on Dec. 19.

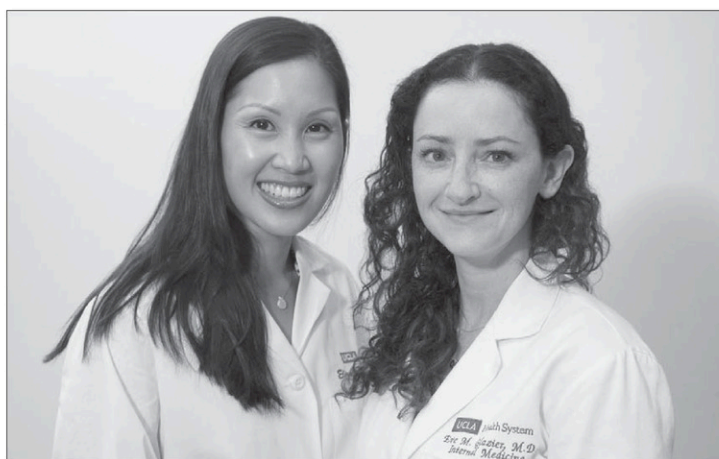
**TODAY'S SPORTS:** In 1932, a blizzard forced the National Football League to hold its championship game inside Chicago Stadium on an 80-yard field. The Chicago Bears defeated the Portsmouth Spartans, 9-0.

**TODAY'S QUOTE:** "I think she must have been very strictly brought up, she's so desperately anxious to do the wrong thing correctly." — Saki, "Reginald on Worries"

**TODAY'S NUMBER:** 5 — films by Steven Spielberg in the American Film Institute's "100 Years ... 100 Movies — 10th Anniversary Edition" list, the most by any director. The films were "Schindler's List" (No. 8), "E.T. the Extra-Terrestrial" (No. 24), "Jaws" (No. 56), "Raiders of the Lost Ark" (No. 66) and "Saving Private Ryan" (No. 71).

**TODAY'S MOON:** Between new moon (Dec. 17) and first quarter moon (Dec. 26).

**Dad's diabetes caused painful peripheral neuropathy in feet**



**ASK THE DOCTORS**

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

**Dear Doctor:** My dad is 65 years old and has Type 2 diabetes. He recently developed pain in his feet, which his doctor says is peripheral neuropathy. What is that, and what treatments are available?

**Dear Reader:** Neuropathy is a condition in which the nervous system malfunctions due to either disease or some kind of damage. The addition of the word "peripheral" means the problem lies in the vast and complex network of nerves that serves the body.

The peripheral nervous system collects and sends vital sensory information to the central nervous system, which is made up of the brain and the spinal cord. When you drop that hot frying pan handle, break into a sweat on a hot day or keep your balance with your eyes closed, that's all thanks to information your peripheral nervous system has sent to your brain.

It's estimated that 20 million people in the United States experience some kind of peripheral neuropathy. Sometimes the damage is limited to a single nerve, but most often the condition affects groups of nerves. Symptoms include numbness, twitching, throbbing or tingling, burning sensations, problems with balance, or skin sensitivity so acute that ordi-

nary stimuli, like the touch of a shirt on bare skin, are interpreted as pain.

When the motor nerves are affected, peripheral neuropathy causes muscle weakness and can often lead to the loss of muscle mass. If the nerves that serve the organs or glands are involved, it can result in impaired digestion, perspiration, urination or sexual function. At its most extreme, peripheral neuropathy causes breathing difficulties, or leads to organ failure. Fortunately, this is rare.

Diabetes is the most common cause of peripheral neuropathy. Other factors include infections such as shingles or the Epstein-Barr virus, certain kidney disorders, vitamin deficiencies, physical damage, cancers that press on or infiltrate nerve fibers, or autoimmune diseases that cause the body to attack its own tissues. Exposure to toxic industrial and environmental substances such as lead, arsenic or pesticides as well as medical agents like chemotherapy drugs can also lead to the condition. So can heavy alcohol consumption.

Your father's symptoms began in his feet, which is common among people with diabetes. He may also experience numbness, a decrease in foot and ankle reflexes, trouble with balance and coordination, and an increase in foot problems like ulcers and infections. This is due to tissue damage resulting from chronic high blood glucose levels, as well as decreased circulation, which occurs because diabetes causes the blood vessels in the foot and leg to become stiff and grow narrow.

Treatment for your father's condition will focus on two things — carefully controlling his diabetes to prevent further nerve damage, and giving him relief from the existing pain. Mild pain often responds to over-the-counter NSAIDs. Medications like antidepressants, anticonvulsants and narcotics are used for chronic pain. Procedures like electrical nerve stimulation have shown promise. Physical therapy and specialized footwear can also help.

Pain treatment is often most effective when there's an ongoing dialogue. Be sure your dad shares all his symptoms with his doctor, and follows up with regular progress reports.

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

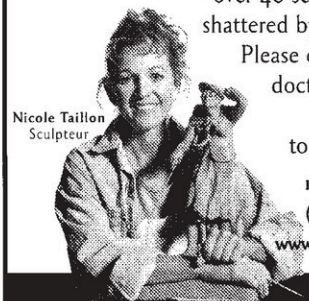
**DO JUST ONE THING**

By Danny Seo



Are those gift boxes that have the thin plastic "window" on the front recyclable, or not? The good news is yes, they are. But you have to do just one thing to prepare them for recycling: Peel off the plastic sheet (it's usually barely adhered), then flatten the box for recycling. The paperboard boxes are recyclable in most curbside programs. Leaving the plastic on can be a problem for recyclers, since it can muck up the recyclables during the pulping process.

Each year, many Canadian women over 40 see their lives shattered by osteoporosis...

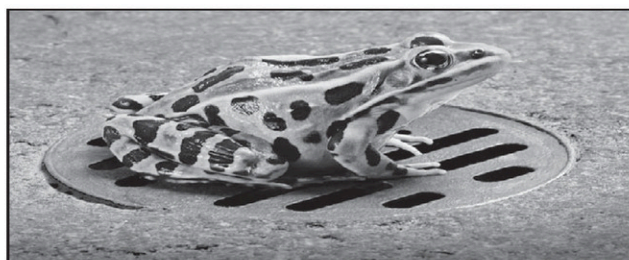


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# A thief in the family?

SATURDAY, DECEMBER 16, 2017

Dear Annie

Dear Annie: My wife and I have always enjoyed hosting events for our family over the years. This past July, for a second time, we hosted a cousins reunion, which brought approximately 40 guests to our home. Our home is not huge, so everyone had access to all parts of it. The children ran and played throughout our home, and the adults were happy to socialize inside and outside.

The reason I am writing is that approximately a month after this event, my wife was going to wear her mother's wedding ring (a gold band with five large diamonds) to a social event, but she discovered it missing from her jewelry box. She had always kept this ring in a special place in her jewelry box, and it was her mother's most prized possession.

Needless to say, it makes us sick to think that someone would have taken this ring, but we have no idea what else could have happened to it. We have asked our children and grandchildren whether they saw anyone looking through her jewelry box, but they said they saw no one. Nothing else in the jewelry box was disturbed. It is coming up on the holidays, and we usually send out a Christmas newsletter about the year's events. My wife feels guilty because in her mind,

this ring was entrusted to her for safekeeping and she failed her mother. We are at a loss as to what to do. Should we mention the ring in this letter or just let it go? — Feeling Betrayed

**Dear Feeling Betrayed:** Jump to conclusions and you'll land in a mess. There are many explanations for why the ring has gone missing that don't involve family betrayal. Maybe it was lost or stolen before the reunion; maybe one of the children decided to use it to propose to a crush. I see no harm in including a brief note about it in your family newsletter. The larger your search party the better your odds. But whatever happens, assure your wife it's not her fault. Try to help her find other ways to honor her mother's memory.

**Dear Annie:** Though your response to "Personality Problems" — who is frustrated her husband doesn't seem to care as much about the grandkids — provided some good pointers, I feel that you missed something important.

Reread her letter and note how focused — one might say obsessed — the writer is about her grandchildren. Note that she seems very self-satisfied, probably because she is getting everything she wants, with the exception of having her husband want all those things,

too.

While she's observing that he never misses the grandkids when they are away traveling, he is probably observing that all she talks about while they're away is how she wishes she were home so she could see the kids, pressuring him to end the trip earlier than he wants to.

And is it possible that the reason he has few hobbies or friends is that she does not approve of the things he wants to do or the people he wants to befriend?

What I saw when I read the letter were two people with very different ideas about what retirement should be like for them. I also perceived how controlling one of those people seems to be. Her husband might be more willing to be a good grandfather if he also had the opportunity to satisfy his own needs in retirement. — In Similar Shoes

**Dear Similar Shoes:** One thing I love about writing this column is that readers are happy to chime in with their own experiences to help fill a story out. Every letter tells one side of a story, but I know there are many other sides out there. You make a great point. Perhaps "Personality Problems" should look inward. Thanks for writing.

Send your questions for Annie Lane to: [dearannie@creators.com](mailto:dearannie@creators.com).

# The other grandma

Dear Annie

MONDAY, DECEMBER 18, 2017

Dear Annie: I know this is short notice, seeing as my question is about Christmas, but I'm hoping that you can publish an answer. I'm quite sure there are others in my shoes.

I have a 9-year-old grandson, "Bradley." He has been in and out of our lives, mainly because of the fact that his mother, "Jill," and my son, "Andrew," are not married and my son is not to have custody of Bradley at all. Jill and Bradley have mainly lived with Jill's parents.

We have never been as grandparents and grandson should be, but my husband, my daughters and I have tried. I knew this, but his mother finally admitted that one of the reasons she never left him at my house while she ran errands or let him spend the night was that her dad didn't want him around us. She said her dad (Bradley's grandpa) was always worried that we'd let Andrew come over and kidnap him — which we would never do.

Anyway, for about a year now, when Bradley does come over, he never talks unless we talk first, and even then he only has one- or two-word answers. Jill has always let him sit in on adult conversations, something I totally disagree with. If she starts talking about how this or that is going wrong in her life, he jumps in and makes sure to give his input, but it's adult stuff he doesn't need to know about. We realize he forms his opinions based on what his mother says.

Jill generally only brings him around during holidays, when gifts are in order. We can tell he

really doesn't want to be here but his mother is forcing him to come to get a present. My dilemma: Do I continue buying gifts for him in the amount that I do for my other grandchildren, the ones I see often? Am I supposed to overlook what Jill is doing and pretend that he is doing nothing wrong? I don't want to be the grandma who is trying to gift a grandson into coming more, because that has no effect on him anyway. — Christmas in Kentucky

**Dear Christmas in Kentucky:** This little boy is only 9, and based on your letter, he's probably getting a lot of mixed signals from the adults in his life about how to behave and whom he can trust. It's no wonder he's a little reserved.

You're under no obligation to buy him gifts of a certain value, but I would continue to show him the same love and attention you show your other grandchildren. If his home life is chaotic, your reliable support could mean more than you know.

**Dear Annie:** We just want to thank you for the answer to the letter from the victim of a scam. The column appeared in our paper yesterday. It came at a time when we were helping our son decide whether he should get involved in a similar-sounding job offer he found on the internet. We contacted the Federal Trade Commission and received confirmation that it was indeed a scam! We will be forever grateful. — Don and Gloria in Connecticut


**Dear Don and Gloria:** How serendipitous. Thank you for sharing that. You've made my day.

Send your questions for Annie Lane to: [dearannie@creators.com](mailto:dearannie@creators.com).

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HAPPY BIRTHDAY! HAPPY BIRTHDAY! HAPPY BIRTHDAY!

To our family and friends,  
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very Merry Christmas  
and best wishes for 2018.

Love,  
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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.

" B TFGW WE LBNL UVLEEK , TLBVL TJU  
J NEEC WLBGN HFVJZUF ... B LJC J  
ABKKBEG JVXZJBGWJGVFU JGC GE  
RYBFGCU." — AJVJZKJI VZKSBG

Previous Solution: "I had the one thing you need to be a blues singer; I was born with the blues." — Lightnin' Hopkins

TODAY'S CLUE: *У sjenba λ*

### REALITY CHECK

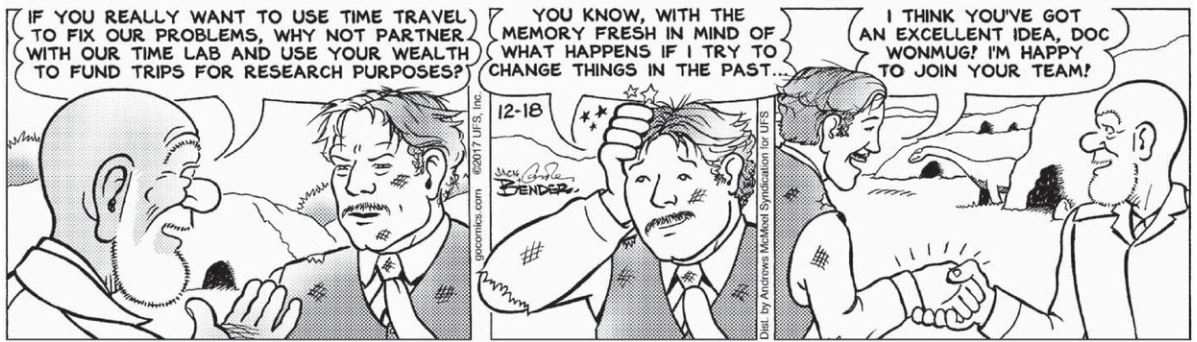


### HERMAN



"You must have got it wet!"

### ALLEY OOP



### ARLO & JANIS



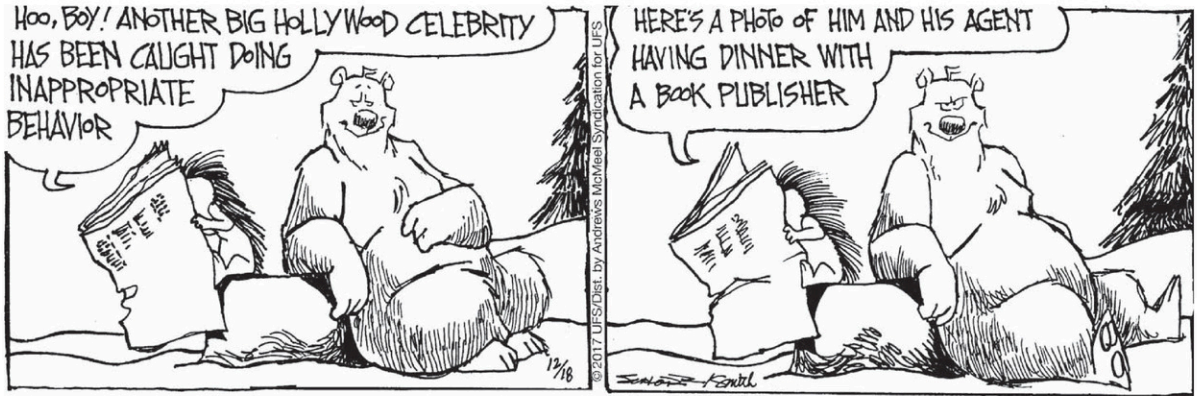
### THE BORN LOSER



### FRANK AND ERNEST



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		6	8	2	5			9

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**PREVIOUS SOLUTION**

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

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

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## Bulwer Golden Age

Seniors gathered at the Bulwer Community Centre on December 12 for the annual Christmas Party. A few tables of cards were played prior to the afternoon entertainment. President Keith Vintinner welcomed everyone and introduced Ann Crawford of the entertainment committee who welcomed musicians for the afternoon's entertainment. The music was provided by Ron Haseltine, Janis Graham and Wayne Nutbrown.

Ann read a Christmas poem provided by Isobel Nelson. Spot dances took place and the winners were Lucie Blair and Gwen Wilson, and Brian Suitor and Edith Wesbroom. A jelly bean contest was won by Pat Decoteau and Alberta Everett. The tie was broken by a card draw and Pat was the winner.

The entertainment committee and the President outdid themselves with the amount of door prizes. The winners were Raymond and Norma Carrier, Kevin Doherty, Alberta Everett, Georgeline Charland, Gail MacDonald, Richard and Linda Coates, Lucy Blair, Madeline Betts, Blair Donnachie, Brenda MacDonald, Everette and June Boynton, Serena Wintle, Ferne McConnell, George Martel, Eugene Naylor and Hazel Kerr.

The prizes for the door drawings were made possible partly by donations from BMR East Angus, Le Moulin, PetroCanada East Angus, Proxim Pharmacy - East Angus and Cookshire, IGA East Angus and Cookshire, Ultramar - Cookshire, Robert Verrett - La Patrie. Thank you to each of these businesses for your generous gifts.

Boxes of non-perishable food were collected for Cookshire and Lennoxville food banks. Thanks to all for their donations.

Santa Claus arrived and distributed clementines to everyone. Hot apple cider was available to everyone throughout the afternoon.

Seventy-four people were in attendance for this delicious meal. Inclement weather kept a number of people from attending. Special guest was France LeBrun, general director of the MRC of St Francois. Grace was said by Rev John Forsyth. We had on the menu turkey, potatoes, dressing, peas, carrots, squash, cranberry sauce, pickles, rolls, tomato juice, tea and coffee. On each table, there was an assortment of 5 pies, raisin, coconut cream, lemon, peca, and pumpkin. One needed to test a small piece of each one.

Each table had a specific number at one setting. Those who were lucky enough to sit at this place got some of Peggy's goodies. Winners were Rev Forsyth, Serena Wintle, Kevin Doherty, George Martel, Lionel Statton, Doris Coates, Linda Donnachie and Gail MacDonald. Door prizes were won by Darlene Rogers, Laura Fleury, Bruce Batley, Alberta Everett, Norma Carrier, Linda MacLeod and Brian Suitor.

On behalf of the Club, Grace Betts thanked Keith and Margaret Vintinner for the effort and work they do for the club.

Thank you to everyone who attended and helped in any way to make this a special Christmas party. The next gathering is on January 9, 2018.

As you can see, I did not win any prizes, but enjoyed the festivities, the meal and especially the pies. On behalf of the Club I wish you a Merry and Blessed Christmas and a Happy and Healthy 2018.

Submitted by Glenda Huff

# Your Birthday

MONDAY, DECEMBER 18, 2017

Prepare to turn your dreams into a reality. It's time for change from top to bottom. Adopt a better lifestyle, live healthier and put an end to bad situations and pursuits that are a waste of time or that you have outgrown. Get rid of the dead weight and forge ahead.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Dress up your residence and make alterations that will add to your comfort and entertainment. Love and romance are on the rise and will improve your personal life.

**CAPRICORN** (Dec. 22-Jan. 19) — Being a good listener will give you an advantage. The less anyone knows about you, the easier it will be to execute your plans without interference. Walk away from unpredictable situations.

**AQUARIUS** (Jan. 20-Feb. 19) — Share your opinions and solutions, but not personal information or anything that may affect your reputation or status. Help less fortunate people and make a difference.

**PISCES** (Feb. 20-March 20) — Trust your instincts, not what someone else tells you. Persuasive tactics will be used if you show vulnerability or inconsistency. Know what you want, and take control.

**ARIES** (March 21-April 19) — Show discipline and take care of unfinished business before you engage in social activities or make personal changes or plans for upcoming festivities. Your responsible attitude will impress someone you love.

**TAURUS** (April 20-May 20) — Don't take shortcuts. Gather information before you

make a purchase. A change in the way you handle your health, legal and money matters will be required.

**GEMINI** (May 21-June 20) — An honest assessment of your finances will help you restructure your spending habits. The changes you make will ease stress and help you head into the upcoming year with optimism.

**CANCER** (June 21-July 22) — Let your heart guide you when it comes to dealing with loved ones. Pleasing others doesn't have to be expensive. Offering kindness and hands-on help will encourage the same in return.

**LEO** (July 23-Aug. 22) — Plan to make changes that will improve your life, status and direction. Check out what others are doing and learn from the information and research offered. Stick to a set budget.

**VIRGO** (Aug. 23-Sept. 22) — Look beyond what's unfolding in front of you. Consider the possibilities and the consequences of making the wrong choice. Trust in your judgment and look for a unique way to keep the peace.

**LIBRA** (Sept. 23-Oct. 23) — Keep moving until you get everything done. You will feel much better if you have made the changes that will give you the freedom to enjoy life, family and friends.

**SCORPIO** (Oct. 24-Nov. 22) — A change to the way you earn your living or how you deal with investments or joint ventures will help reconfigure the way you move forward next year. Tidy up loose ends.

MONDAY, DECEMBER 18, 2017

# In no-trump, think and count

By Phillip Alder

A few books and videos arrived late in the year, but they are worthwhile purchases. "Larry Teaches Notrump" by Larry Cohen (larryco.com) is exactly what it says. In 64 large pages, he covers the basics of no-trump, then moves to more advanced topics like the danger hand. Each of the 11 chapters contains lots of quizzes. The book ends with a glossary.

Look at the North-South hands in this diagram. How should South play in three no-trump after West leads the heart seven?

Cohen gives no bidding, and if South were the dealer, he would open one heart and stop that favorable lead. North's three-club opening would be popular these days. Then South's response would be more in hope than expectation, given the singleton club. A doubleton would be much better.

Step one: Pause. Many less-experienced players rush headlong to defeat. Step two: Count top tricks, instant winners. Here, South has eight: one spade, two hearts (given the lead), two diamonds and three clubs. Step three: From where may a ninth winner come?

There are two chances: diamonds and clubs. Which is more likely to generate an extra trick?

In clubs, declarer needs a 3-3 split,

		North	12-18-17
		♠ 3 2	
		♥ 5	
		♦ 10 7 6 5	
		♣ A K Q 5 4 3	
West		East	
♠ K 9		♠ Q J 8 7 4	
♥ K J 8 7 2		♥ 10 9	
♦ J 9 8 2		♦ Q 3	
♣ J 6		♣ 10 8 7 2	
		South	
		♠ A 10 6 5	
		♥ A Q 6 4 3	
		♦ A K 4	
		♣ 9	
Dealer: North Vulnerable: East-West			
South	West	North	East
		3♣	Pass
3NT	Pass	Pass	Pass
Opening lead: ♥ 7			

which is 35.53 percent. In diamonds, initially it seems to be the same, but not with the 10 on the board. If East has a singleton or doubleton honor, a third trick can be gained. The odds are 54 percent.

So, South should immediately play three rounds of diamonds. Note also that if the diamonds do not behave, South has 3-3 clubs on the back burner.

# CROSSWORD

**Across**

- 1 Trains with a view of the street below
- 4 Second-string squad
- 9 Cherokee and Wrangler
- 14 VCR go-back button
- 15 1945 "Big Three" conference city
- 16 "Snowy" bird
- 17 Shunning public utilities and such
- 20 "Blame It \_\_\_": Caine film
- 21 Continental coin
- 22 Even-steven
- 26 Twelfths of yrs.
- 29 "Say what?" responses
- 30 Horror film reaction
- 33 \_\_\_ fatso: bit of Archie Bunker language-mangling
- 37 World games org.
- 38 Oktoberfest dance
- 39 Respond to cries of "Encore!"
- 43 Delivery doc
- 44 Prefix with natal

45 Breathe like a hot dog

- 46 "You can't leave this way" sign
- 48 Soprano superstar
- 50 Notepad file extension
- 51 Is totally in the dark
- 56 Classic 900 automaker
- 58 No-brainer
- 60 Where to find the last words of 17-, 22-, 39- and 51-Across
- 66 Cry of dismay from Charlie Brown
- 67 Grape holders
- 68 McKellen of "X-Men"
- 69 Minor, as a complaint
- 70 Online social appointment
- 71 Z's 10, in Scrabble: Abbr.

**Down**

- 1 Therefore
- 2 British pop singer Lewis
- 3 Ice cream pattern
- 4 "Golly!"
- 5 Lao Tzu principle
- 6 Helper in Santa's workshop
- 7 Justice Dept. arm
- 8 Mom in Middlesex
- 9 Sound of bleachers discontent
- 10 Toaster waffle choice
- 11 Goof
- 12 Architect I.M. \_\_\_
- 13 Par for the course: Abbr.
- 18 Zero, in soccer
- 19 Color variations
- 23 Storm out of work for good
- 24 "Oops!"
- 25 Climbs
- 26 Word before toast or after peach
- 27 Like the old bucket of song
- 28 Intelligent

31 PC brain

- 32 Easy victory
- 33 "\_\_\_ get it"
- 34 Mail dely. compartment
- 35 Bob of "Fuller House"
- 36 Black gem
- 40 Covert maritime org.
- 41 Equestrian strap
- 42 De \_\_\_: again
- 47 Melt
- 49 Point a finger at
- 52 Below's opposite

53 Actress Taylor, familiarly

- 54 Open, as a ski suit
- 55 Brilliant display
- 56 NCO rank
- 57 Like used fireplaces
- 59 Coop layers
- 60 Baseball hat
- 61 Charlotte of "The Facts of Life"
- 62 On a date, say
- 63 Unburdened (of)
- 64 "CSI" evidence
- 65 Family dog, e.g.

L	A	M	B		F	L	E	A	B	A	G		T	E	A			
A	L	O	E		L	U	L	L	A	B	Y		H	A	N			
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L	E	S			D	E	L	A	Y	E	D		N	Y	E	T		

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