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TUESDAY, JANUARY 12, 2021

Legault repeating call to look out for the vulnerable

By Gordon Lambie

In his update on the COVID-19 situation in the province on Monday afternoon, Quebec Premier François Legault called on Quebecers to be particularly mindful of those working within the healthcare system and also of people in situations of vulnerability, such as those over the age of 65. On the latter group, Legault pointed out that 80 per cent of COVID patients to date and 95 per cent of deaths related to the virus have been among people of this age range.

"These are two numbers that say it all," he said, tying the measures aimed at limiting at-home gatherings to protecting the over-65 population since, "most of these people don't work and they're not at school."

The province recorded 1,869 new cases of COVID-19 on Monday, bringing the total number of people infected to 230,690, of whom 197,938 have now recovered. The data also showed 51 new deaths, for a total of 8,737. The number of hospitalizations also jumped by 56 compared to the previous day, for a cumulative total of 1,436. Among these, the number of people in intensive care increased by 8, for a total of 211.

Health Minister Christian Dubé, speaking alongside Legault, called the situation in hospitals worrying and added that even if things are progressing well with the current vaccination campaign, an increasing

CONT'D ON PAGE 3

Day centre for Sherbrooke's homeless and vulnerable open for business



MICHAEL BORIERO

By Michael Boriero - Local Journalism Initiative Reporter

Ma Cabane, a day centre for Sherbrooke's homeless and vulnerable population, opened

its doors last week close in the heart of downtown, after spending years on the back burner.

The day centre, located at 46 King Street East, acts as a safe haven for people seeking shelter from the cold,

looking for a hot cup of coffee, or even a warm jacket. The idea to develop the space was put forward several years ago.

The project was conceived by the

CONT'D ON PAGE 3

Advertisement for Volvo XC90 SUV. Features the text 'VOLVO' at the top, '2021 VOLVO XC90' below the car, and 'Designed in Sweden, made for Canada' at the bottom. The background shows a silver Volvo SUV parked on a pier overlooking the ocean.

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TODAY:
LIGHT SNOW

HIGH OF -2
LOW OF -6



WEDNESDAY:
CLOUDY

HIGH OF -2
LOW OF -5



THURSDAY:
A MIX OF SUN
AND CLOUD

HIGH OF 0
LOW OF -6



FRIDAY:
A MIX OF SUN
AND CLOUD

HIGH OF 3
LOW OF 0



SATURDAY:
SNOW

HIGH OF 2
LOW OF -6

Lost and found



DISHPAN HANDS SHEILA QUINN

I think my introduction to the concept was at St. Francis Elementary School. I believe it was set up in a locker on the second floor hallway, the land of grades one through three, the staff room and the offices.

As a lifelong 'poker' (in the words of my exasperated Gran Quinn as I poked through the drawers of her vanity, a 'rummager' and thrifter, the thought of going through things to find potential treasure has always been alluring to me. When I was particularly good and had had my bath, my brothers in the tub tended to by Gran on a sleepover night, our Bampie would allow me the secret treat of going through our Gran's crimson jewellery box.

I've always liked to know where things come from. Who they belonged to. What their story was. I grew to know the backstories of too many things in my grandparents' house. I grew attached to so much of what was there, alive with its former owners' life force and sometimes from far lands. Right down to the scrap of shawl, darkened with time, that was in my Gran's hope chest. I think I was the only one who knew that when they boarded the ship from Scotland to Canada, my Gran, just 18 months old at the time, was crying.

Her grandmother wrapped her teddy bear in her very own scarf. She then saw her daughter and children off on the ship to Canada. They never saw one another again.

I know the story of the night that Great-Great-Gran in Scotland died. The family, then living in Bromptonville, were awakened by three loud knocks on the front door. The whole household was roused, and Pa (our great-grandfather) and Joe Webb, a hired man living with the family at the time, ran to the door to see who was knocking at this late hour. No one was there. The story went that shortly thereafter they received word (via telegram I imagine) that she had died at that very hour.

So, when I dug through their things, sometimes with Gran at my side, other times with her yelling at me from downstairs to stop poking (she could hear the slide of the wood-on-wood of drawers, the opening of closet doors), when we did come across that scrap of shawl, I knew what it was. A timepiece, and a powerful one at that. A grandmother's love. A mother's love. Powerful enough to send itself shooting across the ocean to wake the very same loved ones on her departure. The teddy bear was long gone, but that scrap of shawl stayed in our Gran's possession until she left her home in the late 1990s. Eighty-something years.

When the house was emptied, the piece was lost. I felt terrible when I realized that the steamer trunk had likely been emptied, and with no one to recognize it, it had become just a sort of strange rag in the midst of other belongings.

It was lost. It is still lost.

Sometimes lost isn't terrible.

Sometimes it isn't really lost - it is more...gone. And gone doesn't have to be terrible either.

It was here, and then, it was gone.

Sometimes those things are

preserved, treasured and stories are told, perhaps if I had it today it would be framed, perhaps with a photo of our Gran as a little girl.

But, we can't keep all of the things, nor should we. There is something truly good about letting go sometimes too. I have just told you the story of the scrap of shawl, and maybe you imagined it. Maybe you imagined something crocheted or knitted, perhaps you had a colour in mind. I can't even be sure that I remember exactly what it looked like, as those moments of looking in the steamer trunk (a rare poking opportunity), and being told the story by Gran. I can see her, I can imagine in little flickers what once was. And that is almost as good as the scrap of shawl still being here, because its story is a little bit alive again as you read this.

Occasionally, there are things we once had that we thought were lost. Gone. And then, they reappear. In our hands we hold something we thought was no more. Sometimes it is with other things we have forgotten. Away, in a box or storage container, a closet, a drawer.

We sit in time then, time all around us. The time of the thing we have found. The time in between, the time of now. We decide what will happen now that a lost thing is found. We decide if we are thrilled to keep it with us, or if it now will serve a better purpose in someone else's belongings, someone else who will enjoy the thing, that it will live its new life and new ways, whether its stories go with it or not.

Once in a while, we feel like that ourselves - we feel a little lost, not certain of purpose or place, until in a few flickers, we remember the things we love, the things we like to do, and we are buoyed up to the surface of whatever small corner we find ourselves in, rising above time and place to just 'be'.

Found again.



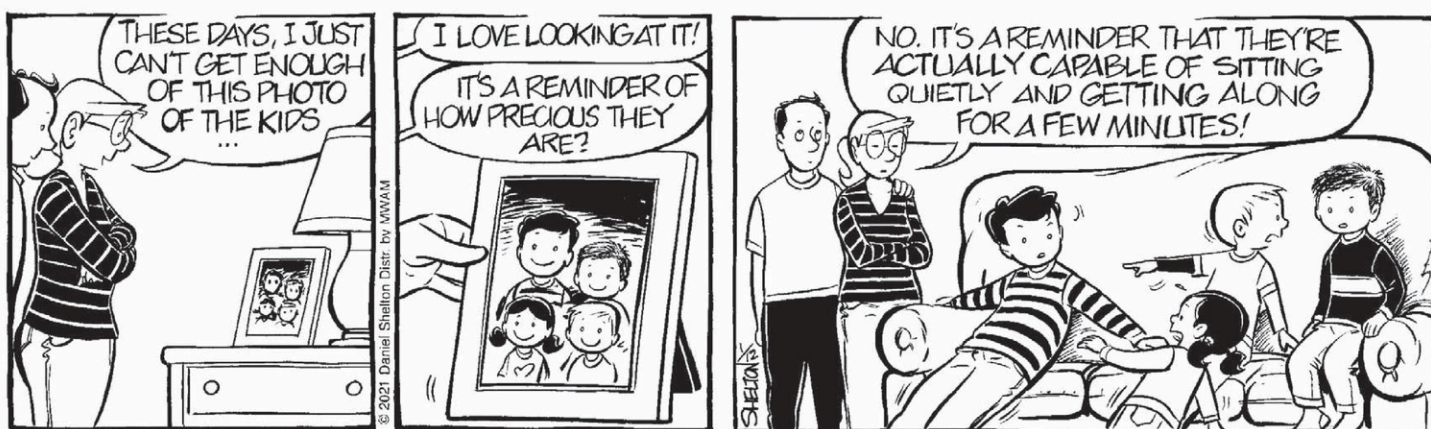
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Ben by Daniel Shelton



Local News

While there is coffee on hand, board games, colouring sheets and bathrooms, the centre is still fresh, and there are a lot of modifications coming in the next few months.

Drone drug smugglers busted

Record Staff

A man and a woman, aged 41 and 35, were arrested as a part of a joint operation between the Sûreté du Québec, the Sherbrooke Police, the correctional services of the provincial Ministry of Public Security and Transport Canada, on

Saturday after apparently attempting to smuggle a package of contraband onto the grounds of the Talbot prison in Sherbrooke using a drone.

Surveillance equipment detected the presence of the drone at around 2 p.m.

Police officers proceeded to intercept the vehicle in which the man and woman were seated and proceeded

with the arrest.

Two other suspects, aged 38 and 40, were also arrested in the Wellington Street area during the search which also made it possible to locate and seize the drone. The package illegally smuggled into the confines of the detention center, the contents of which included hashish, was also seized

by police, along with the suspects' vehicle.

The four suspects arrested will appear in court at a later date on charges of drug trafficking and mischief.

The SQ reminds the population that any suspicious or criminal activity can be reported anonymously by calling 1 800 659-4264.

Sherbrooke hands out curfew fines

Record Staff

Following the imposition of a curfew in Quebec that came into effect on Saturday, Jan. 9, the Sherbrooke police department issued 19 tickets on the night of Jan. 9-10 for not respecting the curfew. That night more than 128 vehicles were stopped.

Over 40 people were questioned, and one person was arrested for obstruction, following an anti-curfew demonstration that took place on King Street West.

On the night of Sunday, Jan. 10-11, a total of 16 statements of offence were issued concerning the curfew and four tickets were handed out related

to other COVID-19 measures. More than 180 vehicles were stopped, and 58 people were questioned by police during curfew hours.

While it was omitted from the official Sherbrooke police press release regarding curfew infractions, a number of media outlets reported that a married couple was caught on

the street around 9 p.m. on Saturday evening near the downtown area in Sherbrooke. As a cheeky form of protest, the wife had her husband on a leash.

According to media reports, they were each fined \$1,500.

Ma Cabane

CONT'D FROM PAGE 1

Coalition sherbrookoise pour le travail de rue. The group was able to get construction underway after it received much-needed funding from various entities, including the CIUSSS de l'Estrie - CHUS and the city of Sherbrooke.

Elyse Girard Beaulieu, a community worker at Ma Cabane, said since the centre opened, they have been at capacity almost every day. They can allow 10 people inside at a time, she explained, this is the maximum allowed due to COVID-19 restrictions.

"They come once and they come back, they like this place a lot," Beaulieu said, adding that last week many people spent an entire day inside the new space.

They haven't had any trouble yet keeping up with demand. The centre is new, so there aren't any line ups building up outside, she added, but Beaulieu expects to see a change soon, especially as the temperature drops.

When people leave Accueil Poirier, the local homeless shelter, in the morning, they need a place to blow

off steam and occupy their day, she continued. Times have changed due to Covid, according to Beaulieu, homeless people were forced to adjust their routines.

"I know it's difficult for them because normally during the day they can warm up in a coffee shop or Tim Hortons; they go to different areas," she said.

With a new curfew put in place by the Quebec government, Ma Cabane also needed to fix its schedule. They close up shop a bit earlier in the evening now, but it's open all day, Beaulieu told The Record.

The day centre also doesn't limit who is allowed inside. Beaulieu said it doesn't matter if they are intoxicated or in distress, the purpose of Ma Cabane is to lend an ear and gently nudge people in the right direction if they need more help.

"The people here don't feel judged," she said. "The only restriction is you need to wash your hands and wear a mask."

What Beaulieu has noticed is most

people walking through the centre's front entrance are simply tired and looking for a place to rest. They are exhausted, she said, they spend a lot of time sleeping on the tables.

"This morning the fire alarm was ringing for 45 minutes because of an apartment upstairs, but people were like 'we don't care, we're just warming up and it just feels good to drink our coffee,' so there's really a need for a place like this," Beaulieu said.

While there is coffee on hand, board games, colouring sheets and bathrooms, the centre is still fresh, and there are a lot of modifications coming in the next few months. However, they are currently on pause because of the pandemic.

There are plans to build a shower area, install a washer and dryer for clothes, and create a larger gathering space in the back. As it stands, they don't provide any food, but Beaulieu believes they will get there one day.

"We don't have food preparation yet, we don't even have a sink, but Rock-Guertin gave us some food and they

will continue to give us some food," she said. Fondation Rock-Guertin collects bottles and cans to help people dealing with food security.

A man sitting at one of the tables in the day centre spoke to The Record, though he chose to remain anonymous. He said it was his first day visiting Ma Cabane. The ambiance is nice, he added, and the people are pleasant.

The man said he is 37 years old. He has been homeless for three days, after being kicked out of his home in a nearby municipality, last week. He came to Sherbrooke seeking shelter and resources to get back on his feet.

He said that he is a former military veteran, having worked with the air cadets for 11 years. The centre provides a necessary reprieve for his cold hands, he added, and there are people to socialize with. However, he doesn't plan to spend too much time in Sherbrooke.

"I'm resting a bit, moving, and thinking about what I really want," he said, adding that his goal is to find lodging close to his children.

COVID update

CONT'D FROM PAGE 1

burden on the healthcare system still stands to have a significant and lasting impact if not brought under control.

Provincial Public Health Director Dr. Horacio Arruda, meanwhile, argued that with influenza practically nonexistent in the province at the moment, anyone displaying flu-like symptoms should immediately get tested and self-isolate.

"Do not wait 24 hours" he said "This is not the same situation as in the spring."

In the Estrie region there were 98 new cases recorded on Monday and seven new deaths. These deaths took place at Sherbrooke's Fleurmont

Hospital, at the Place Primevère residence in Waterloo, at the St-Philippe private residence in Windsor, at the St-Antoine Residence in Granby, at the Haut-Bois Residence in Sherbrooke, at the Les Jardins de Pineroft residence in Magog, and in the community at large.

The number of hospitalizations in the region increased by four, bringing the total number of short-term hospital beds occupied by COVID-patients to 69 out of a capacity of 74. The number of people in intensive care remained stable at 10 out of a capacity of 25.

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The gripping hand



DIAN COHEN

disparity divide much worse. Living on a fixed income that comes from interest is disastrous when interest rates are 1 or 2%.

- A lot of the money that has been pushed into the economy has found its way into the stock market, driving share prices far above any remotely fair valuation. Nothing goes up forever. Who knows what will trigger a sell-off or when, but a sell-off is guaranteed. (Another financial guru, David Rosenberg, has just told his readers to have 25% of their assets in cash in order to be able to buy at the bottom.)

That alien species with the third limb doesn't have three equivalent hands. One of them is far stronger than the others. They call it the gripping hand.

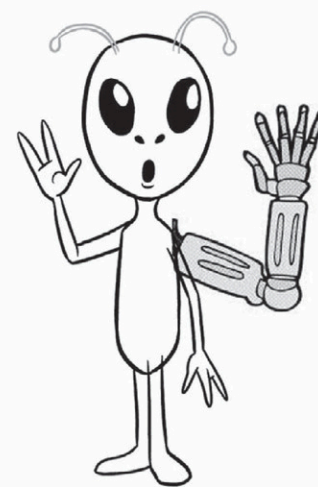
In 2021, the gripping hand is the virus. The virus doesn't care about our good or bad news. It will just spread until something stops it. The global economy will recover in direct proportion to our success in inoculating people against it.

This is where the news is problematic. Bluntly, delivery of the vaccines approved so far is not enough to cover the most vulnerable in North America and Europe by mid-year, let alone emerging markets. Millions of doses have been ordered but not yet delivered. The World Bank's annual forecast was very plain about this. (<https://www.worldbank.org/en/publication/global-economic-prospects>)

They have four scenarios in which global growth ranges from 5% this year on the upside, to an unspecified below-zero number in their "severe downside" scenario. The primary difference between these scenarios is vaccine progress. If it goes well we could bounce back quickly and strongly. If not, we will stay in recession. That's the gripping hand and it really isn't complicated.

Look to your own situation and prepare accordingly.

*Dian Cohen is an economist and a founding organizer of the Massawippi Valley Health Centre
Cohendian560@gmail.com*



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John Mauldin writes an economic/investment newsletter that is read by millions of people. I'm one of them. This past week he produced such a stunning analogy of where we all are in the battle to get to a new normal that I feel compelled to share it with you, with all due credit to him.

He cites the 1974 sci-fi novel *The Mote in God's Eye*, which features an alien species with three arms—two "normal" hands and a stronger, but less dexterous one called the "gripping hand." Whereas we humans talk about "one the one hand, but on the other hand" when we're pondering alternatives, this alien species has a third, most powerful alternative.

So here's Mauldin's alternative scenarios for 2021. One the one hand, there's plenty of good news:

- There are vaccines against COVID-19. Not just the two already approved but several others that are still in the review phase.

- Most governments are propping up the economy – we're in a recession, but without the fiscal and monetary stimulus, it would be deeper or worse. (Canada lost 63,000 jobs in December.)

- The virus forced the world into an "adapt or die" mode – the pace of innovation has never been faster – not just finding the vaccines, but the speed with which businesses are adapting their processes, productivity, supply chains, brand positioning is taking place years before it would have without the virus. Societies will reap the benefits in the years to come.

- Mauldin's 4th good news point is a more nuanced and focused approach for US trade policy under the new American administration. Certainly, Canada will benefit along with the rest of the world if tariffs stop being used as a cudgel to hit countries and industries indiscriminately.

On the other hand, the bad news is that:

- The pandemic has permanently changed certain parts of the economy. Take business travel as an example. Not only is it down, but businesspeople have learned how to do business with a lot less of it. Will conventions come back? Fewer and smaller is bad news for that industry and entire cities, like Montreal, Vancouver, Toronto and Sherbrooke.

- The post-pandemic economy will need fewer shopping malls, retail strip centers, hotels, and office buildings. This will get sorted out, but it will take time and it's very disruptive.

- The actions of governments pushing money into the economy and pushing interest rates to their lowest levels ever, although it has been necessary, is making the wealth-and-income-

2020 Babies!



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Bishop's athletes adapt to no practice or gym access

By David Rossiter
Special to The Record

This school year has been a challenging one for all factions of the Bishop's University community. Varsity athletic teams are no exception. Having no inter university competition has certainly been a let-down for Bishop's Gaiters student athletes. However, the challenges they face are much more varied than simply disappointment.

Year-round physical fitness is necessary to play a sport at the university level. During the bulk of the fall semester at Bishop's, sports practices were permitted, and the fitness centre was open. Provincial lockdown and regional red-zone restrictions, however, make that unlikely for the coming winter semester. Gaiter athletes now have to adapt and find other ways to stay physically fit.

Karl Szabo, a third-year defender and captain of the Bishop's lacrosse team explained that it's more than just lack of gym access making it hard for teams to stay in game shape.

"Staying motivated while training is very difficult right now, there are obstacles like not being able to be around your teammates for encouragement, and outdoor training

being limited due to weather. We just need to try and push through all that."

He added that getting outside and snowshoeing as well as using at-home workouts are examples of how he is trying to keep fit.

Some athletes face an issue that their teammates might not. A year of missed competition can be devastating for players who have aspirations of future opportunities in their respective sports. An example being the goal of getting drafted to a professional sports league.

Marty Rourke, Bishop's University's sports information coordinator offered his thoughts on how a lost season affects the future of student athletes,

"As far as we understand eligibility will not be affected, meaning student-athletes will not be charged with a year of eligibility for the 2020-21 season. There is a small minority of student-athletes who are potentially affected in terms of future opportunities," Rourke explained.

Looking towards next school year with hopes of a return to normalcy, Bishop's teams want to make sure that they do not lose any ground to other schools.

"Our season begins the minute the previous one ends. Once we play our last game in the fall, we begin preparations

for the next season," Szabo pointed out.

He stressed that doing their best to overcome aforementioned obstacles is key since, "Come next fall it'll be easy to tell which teams addressed these challenges the right way and which teams did not."

Kalin O'Brien, a veteran player on the Bishop's women's soccer team echoed that sentiment and shared how

her team is adapting.

"Since we don't have access to the sports facilities right now, we have technical, tactical, cognitive, and fitness sessions through zoom so we can keep each other accountable."

She added that she believes those sessions will pay dividends come next season.



PAUL SZABO

News quiz for local students

The Record would like to test the knowledge of young people in the Townships and see who's keeping up with the news.

Over the next four months, The Record will publish a quiz each week with five questions related to news that appeared the week before in the paper.

Students at the elementary and high school level are invited to read through the paper to find the answers and then send them by email to our editorial team.

At the end of the month, any students who participate and answer the quiz questions will be entered into a draw to win a 16-GB Fire tablet.

Each time a student answers a different quiz, their name will be re-entered, increasing their chances of winning a tablet. Four will be given away over the next four months.

Don't have access to The Record? No problem.

All schools in the Eastern Townships School Board have access to the e-edition of the paper, so ask a teacher or principal for help to get connected.

This week's quiz questions

- 1) What historic event, incited by pro-Trump supporters, took place last week in the United States of America?
- 2) What non-profit organization located in Sherbrooke collects bottles and cans to tackle food insecurity in



the Eastern Townships?

3) What career did Rose Marie Gaulin have for the last 52 years before announcing her retirement last week?

4) How many residences in the Eastern Townships were fined for having illegal gatherings during the holidays?

5) Sherbrooke-based painter Veronique Hamel signed a poster at a demonstration on Jan. 5, what was written on the poster?

Send your answers to mboriero@sherbrookerecord.com.

Look for the answers to this week's quiz and next week's questions in Monday's Record.

For more information about the quiz and how to participate, call the newsroom at 819-569-6345.

CAREERS



Director of Human Resources- 21hrs / week

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

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

In collaboration with the Director General as assigned by the Board, this candidate will work in establishing and reviewing internal and external policies, while solely responsible for the implementation of these policies related to staff.

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The candidate also participates in the preparation of promotional tools and updates the website.

This candidate sits as an ex-officio member on the Administrative Board, Executive Committee and at the Annual General Meeting.

TRAINING AND EXPERIENCE REQUIRED:

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

KEY SKILLS:

The candidate:

Has good communication skills and also has excellent skills in developing and maintaining harmonious and productive relationships with staff.

Has good organisational and listening skills.

Demonstrates leadership, initiative and a good sense of planning.

Has a team spirit, an ease with adaptation and is dynamic.

Demonstrates respect of confidentiality.

Has sound knowledge of Outlook, Word, Excel, Publisher, and social media.

Is bilingual (written and oral; English and French), 4/5 minimum.

Please forward your application to Sylvie Gilbert-Fowls at: direction@communityaid.ca

Deadline for applications: January 14th, 2021. Starting date: February 2021. Only candidates selected for interviews will be notified.

EDITORIAL

Most physicians are self-employed and rely on private insurance, but those older than age 65 generally cannot qualify. For even younger ones, there is usually a waiting period of at least two weeks.

Curbing the spread of COVID-19

By Charles S. Shaver, MD

Quebec and Ontario continue to set new daily COVID-19 case records. Both provinces have been in nearly complete lockdown for weeks. Quebec now will implement for the next month an 8 p.m. to 5 a.m. curfew with fines of \$1,000-\$6,000. However, all provinces should consider mitigating measures that may well shorten the period of severe restrictions.

Ontario Premier Doug Ford is rightly concerned about the need to better monitor arrivals to Canada. Although Public Safety Minister Bill Blair claimed that only 1.8 per cent of cases were related to travel, according to Brian Lilley (Ottawa Sun, December 23, 2020), some 3.4 - 3.8 per cent of Toronto cases were attributed to international travel. In the past two weeks, Health Canada reported that 69 international and 91 domestic flights carried passengers infected with COVID-19.

To compound the problem, as of Jan. 1, (Elizabeth Cohen, CNN) the new UK variant - thought to be 70 per cent more transmissible - has been isolated in 29 countries. In Canada, so far it is in British Columbia, Alberta, Ontario, and Quebec. The South African variant, meanwhile, has been found in eight countries.

It thus seems very reasonable to require a negative PCR test within 72 hours of boarding any international flight to Canada. We should also avoid unnecessary travel within each province. As incoming CDC Director Dr. Rochelle Wolensky advised, "We need to limit our mobility."

Brampton, Ontario Mayor Patrick Brown has also advocated for isolation centres and paid sick leave. Toronto, Peel, and Ottawa are indeed setting these up as are Edmonton and Calgary.

Yet for unknown reasons, Ontario and Alberta have failed to follow the lead of most provinces in the granting of pandemic isolation benefits to physicians.

In Canada, as of late July, about 20 per cent of cases were health workers - double the global average. According

to the COVID-19 Immunity Task Force, which is studying British Columbia, Alberta, Ontario, and Quebec, rates of coronavirus infection were higher in physicians (especially those in Quebec) than in other health professionals. (Canadian Healthcare Technology, Dec. 2, 2020)

Sadly, two provinces - Alberta and Ontario - continue to ignore the needs of physicians. The Ontario Ministry of Health has refused to engage in discussions with the OMA around "sick pay" for physicians.

Finance Minister Chrystia Freeland asserted last August, "We need people to stay home when they are unwell. Otherwise, we will have another huge outbreak." Ontario NDP leader Andrea Horwath has repeatedly called for paid sick leave. Her counterpart, Alberta NDP leader Rachel Notley has also urged her province to grant paid sick leave for health workers forced into isolation. She has stressed that the new Canada Recovery Sickness Benefit provides only \$450 per week after taxes, which will not cover food and housing for many people. ((Michelle Bellefontaine, CBC News, Nov. 17, 2020) Of interest is that recently the Alberta government pledged an additional \$625 after a 14-day period of quarantine.

However, even these amounts are inadequate to replace the lost income of physicians, most nurses, and many other health professionals. More is needed if they are to be deterred from working; thus, additional federal support is required.

Most physicians are self-employed and rely on private insurance, but those older than age 65 generally cannot qualify. For even younger ones, there is usually a waiting period of at least two weeks.

Most provinces have recognized this fact. Most British Columbia MDs are covered - up to age 70 - by a government-funded disability insurance plan. This now includes quarantine or COVID-19 illness from day one for all BC physicians. Most other provinces (including even Manitoba as of last December) and the Yukon all cover their MDs for lost income from day one



of self-isolation or illness. Only Ontario and Alberta have left their physicians totally unprotected.

Although health delivery is within provincial and territorial jurisdiction, clearly there is an urgent need for a better coordinated federal strategy and additional funding.

I agree with Bloc Quebecois leader Yves-Francois Blanchet that persons returning to Canada from a vacation abroad should not receive the Canada Recovery Sickness Benefit during their 14-day period of self-isolation. If this has been abused, and saved money were redirected, then the amount for legitimate claims could likely be increased above the current \$500 per week, before taxes. Finance Minister Chrystia Freeland should also agree to raise the Canada Health Transfer to the provinces and territories. They in turn should agree to provide pandemic sick benefits to all practicing physicians as well as, if necessary, topping up federal benefits for part-time nurses and other health workers so as to adequately replace their lost income.

As Dr. Thomas Frieden, former director of the US Centres for Disease Control and Prevention (CDC) stated a

few months ago, "Paid sick leave is extremely important. If someone has to choose between providing for their family or going to work when sick, they'll likely go in and infect others."

Over the next few weeks, a small amount of vaccines will be available, but sadly this will have no immediate effect on the pandemic. Premiers Doug Ford and Jason Kenney should agree as soon as possible to provide adequate paid sick benefits to their physicians. Francois Legault and the other premiers should ensure that nurses and other health professionals also receive sufficient additional benefits to replace their lost income. This will encourage them to self-isolate, if necessary, and help to control the pandemic.

These measures may help to reduce the likelihood of extended, prolonged lockdowns and tighter restriction in other regions. This will lessen the toll on the lives, livelihoods, and mental health of Quebecers and all other Canadians.

Ottawa physician Dr. Charles S. Shaver was born in Montreal. He is Past-Chair of the Section on General Internal Medicine of the Ontario Medical Association.

The views here are his own.

Letters

Haiku on Trump

On Epiphany
When we thought the worst was past
Donald Trump trumped Trump

BY TOM MATTHEWS
NORTH HATLEY

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

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Sydney Grainger

Human Resources Officer – Hiring Manager

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sgrainger@waleshome.ca



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 - after testing
- if the test is positive
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- after being in contact with someone who's tested positive

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Votre gouvernement

Québec

Datebook

TUESDAY, JANUARY 12, 2021

Kuwait.

In 2010, a 7.0 magnitude earthquake in Haiti destroyed a majority of the buildings in Port-au-Prince and left more than 100,000 dead.

TODAY'S BIRTHDAYS: Jack London (1876-1916), author; Tex Ritter (1905-1974), singer/actor; Joe Frazier (1944-2011), boxer; Tom Dempsey (1947-), football player; Kirstie Alley (1951-), actress; Rush Limbaugh (1951-), radio personality; Howard Stern (1954-), radio personality; Christiane Amanpour (1958-), TV journalist; Jeff

Bezos (1964-), Amazon.com founder; Rob Zombie (1965-), singer-songwriter/director; Zack de la Rocha (1970-), singer-songwriter; Naya Rivera (1987-2020), actress; Zayn Malik (1993-), singer-songwriter.

TODAY'S FACT: Amazon.com opened for business online in 1995, but it didn't make a profit until 2002.

TODAY'S SPORTS: In 1969, the New York Jets fulfilled quarterback Joe Namath's guarantee of a win with a 16-7 victory over the heavily favored

Baltimore Colts in Super Bowl III.

TODAY'S QUOTE: "When you hang out with people who are true friends, you come away feeling lighter, more inspired to work hard, give love, and take care of yourself." - Naya Rivera, "Sorry Not Sorry"

TODAY'S NUMBER: 25 - women in the U.S. Senate at the start of the 116th Congress in 2019.

TODAY'S MOON: New moon (Jan. 12).

2020

This year we have only one thing in mind
Whether we get vaccinated in time
It takes all our patience - then even more
To wait till they've finally found one that's sure!
We've got to think more of our folks every day
As we pick up the phone with something to say-
So I send my good wishes to both old and young
With good health & happiness for 2-0-2-1 !

By Betty Telford

January Birthday Greetings

It's a brand new year,
A brand new chance
To make new dreams come true,
A brand new day for hope in
all that means the most to
you.
So here's a wish for all the
best in this, your brand new
start, for a year of health and
happiness and love to fill your
heart.

By Betty Telford

Stave off cabin fever with family nights

If the global pandemic has taught the public anything, it is how to be resourceful. Many components of daily life have changed as a result of the COVID-19 virus, and quite a number of people have discovered new things about themselves in the process - including interesting ways they can keep busy.

Indulging different hobbies and forms of entertainment has long been a way to stave off the cabin fever that often accompanies cold weather and spending increased time indoors. Now these activities also are ways to pass the time in safe manners when social distancing from others. Reconnect with the joys of playful interaction afforded by any number of board games, video games, movies,

and other activities. There are many great methods to getting the family together in entertaining ways. Consider the following ideas.

Themed movie night

Set aside one night each week for a family movie night. The twist is that each week the movie selection must fit a particular theme or contain a certain criterion chosen randomly from a jar. For example, if "animal" is selected, then the movie must be about animals or have an animal as a main character or component of the film. A theme helps add some variety to the movie selection process.

Classic game night

Many homes have a closet or draw-

er filled with various games. Chances are many of them are classic offerings that have withstood the test of time, such as Monopoly® or Scrabble®. Revisit these beloved games and see if you can improve your strategies.

Action game night

Look for games that involve action and give all ages a chance to win. Action games combine a physical activity and family interaction. Games can be commercial offerings with regimented rules, or freestyle games that the family creates. Relay races, timed scavenger hunts or physical games like Twister® are some options. You also can divide up into two groups and engage in a heated game of charades.

Puzzle or trivia night

Puzzles can put the brain to the test. Research shows that puzzle and trivia work can strengthen cognition. Puzzling actually stimulates the brain and can potentially ward off Alzheimer's disease, according to a recent study published in the Archives of Neurology. If you like to do jigsaw puzzles, you can improve visual-spatial reasoning by figuring out where pieces fit into the big picture.

Spending time at home can involve movie or game nights that become part of families' weekly routines.

(Metro Creative)

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)

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With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

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NEA Crossword Puzzle

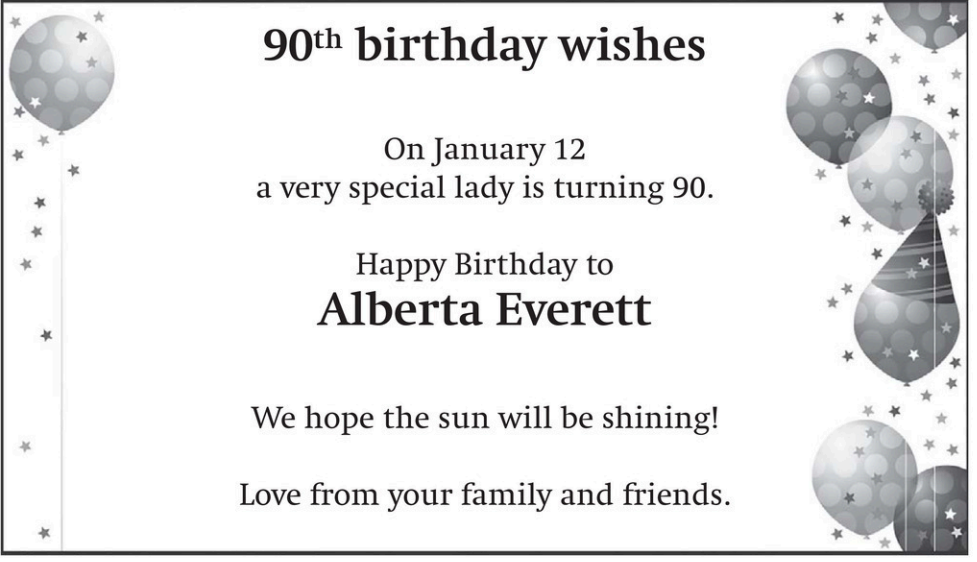
- ACROSS**
- 1 Cartoon bear
 - 5 "Aquarius" musical
 - 9 Dolores — Rio
 - 12 Two to two
 - 13 "— — proud of you!"
 - 14 Teahouse attire
 - 15 Rowers work them
 - 16 Pirate's coin
 - 18 Blunter
 - 20 Transport-ed
 - 21 "— Kapital"
 - 22 Fast plane
 - 23 Scared-looking
 - 26 Put in order
 - 29 Stout
 - 30 Diamond Head site
 - 32 Follow commands
 - 34 Offer a position
 - 36 Knitter's supply
 - 38 Overwhelm
- DOWN**
- 1 Pound sound
 - 2 Race track
 - 3 Japanese clog
 - 4 Kind of job
 - 5 Pelts
 - 6 Eros, in Rome

Answer to Previous Puzzle

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

- 7 Ames inst.
- 8 Bandit
- 9 House part
- 10 Poet's black
- 11 Stripe
- 17 State-run game
- 19 Metric prefix
- 22 Bon —, monsieur!
- 23 Contented murmur
- 24 Performed a glissade
- 25 Zeus' wife
- 26 Food fish
- 27 Online auction site
- 28 Grass droplets
- 31 Skippers' OKs
- 33 Sure!
- 35 Diminished slowly
- 37 Specify
- 40 Pushed with the head
- 42 Stood behind
- 44 Absolute
- 45 Blouse trim
- 46 Mac image
- 47 Pirate captain
- 48 Vast region
- 49 Gallop
- 50 Elevator guy
- 51 Seven days
- 53 Before now

1	2	3	4		5	6	7	8		9	10	11	
12					13					14			
15					16					17			
18					19					20			
			21					22					
23	24	25				26				27	28		
29					30	31				32		33	
34					35					37		38	
					39					41	42		
					43					44			
45	46	47					48				49	50	51
52							53				54		
55							56				57		
58							59				60		



90th birthday wishes

On January 12
a very special lady is turning 90.

Happy Birthday to
Alberta Everett

We hope the sun will be shining!

Love from your family and friends.

Your Birthday

TUESDAY, JANUARY 12, 2021

Question everything and everyone before you agree to make a change.

CANCER (June 21-July 22) – A change someone suggests will be useful for you emotionally, but not financially. Think twice before you let someone push you in a bad direction. Concentrate on creativity, romance and personal happiness.

LEO (July 23-Aug. 22) – You'll have plenty of ideas, but consider your motives before you leap into action. A change will lead to uncertainty if you haven't thought matters through sufficiently. Be smart and take your time.

VIRGO (Aug. 23-Sept. 22) – Jump at the chance to learn something new or to use your skills differently. The more you know and have to offer, the greater the reward. Look at the trends, and be as versatile as possible.

LIBRA (Sept. 23-Oct. 23) – Don't let your desire for change lead you down a rabbit hole. Don't trade one negative situation for another. Baby steps will help you incorporate a promising strategy.

SCORPIO (Oct. 24-Nov. 22) – Let your intuition be your guide. Stay focused on knowledge and facts. Use your imagination to outmaneuver anyone who tries to get in your way. Romance is favored.

SAGITTARIUS (Nov. 23-Dec. 21) – Let go of negative baggage. Prepare to move forward with optimism, intelligence and a disciplined attitude. Giving anyone the chance to speak on your behalf or take care of your responsibilities will result in disappointment.

Consider what makes you happy and adjust your life accordingly. The changes you make will help you see things more clearly. Choose your words wisely, and make sure you practice what you preach. Personal growth and an updated look are favored.

CAPRICORN (Dec. 22-Jan. 19) – It's OK to do things differently. Don't feel bound to tradition or to what someone wants you to do. A change will lift your spirits and encourage you to be more active.

AQUARIUS (Jan. 20-Feb. 19) – You will meet with opposition if you show signs of insecurity or confusion. Stand tall and be clear about what you want. Look for an opportunity, and follow through with a plan.

PISCES (Feb. 20-March 20) – You'll get the opportunity to explore something you want to pursue. How you represent yourself will make a difference. Direct your energy where it will be most effective.

ARIES (March 21-April 19) – You'll have to rely on your connections to help you get ahead. A competitive individual will try to make you look bad. Preparation, intelligence and strategy will help you come out on top.

TAURUS (April 20-May 20) – Keep an open mind, size up situations and make decisions based on facts. Personal improvements, growth and unique friendships will develop if you use social media to your advantage. Be direct.

GEMINI (May 21-June 20) – Gather information. Trusting someone to take care of your business will set you back.

Guess Who?

I am an actor born in Australia on January 13, 1990. Before I became an actor I worked in construction. I made my big screen debut in 2009, and I was in the popular "Hunger Games" trilogy.

Answer: Liam Hemsworth

CELEBRITY CIPHER

by Luis Campos

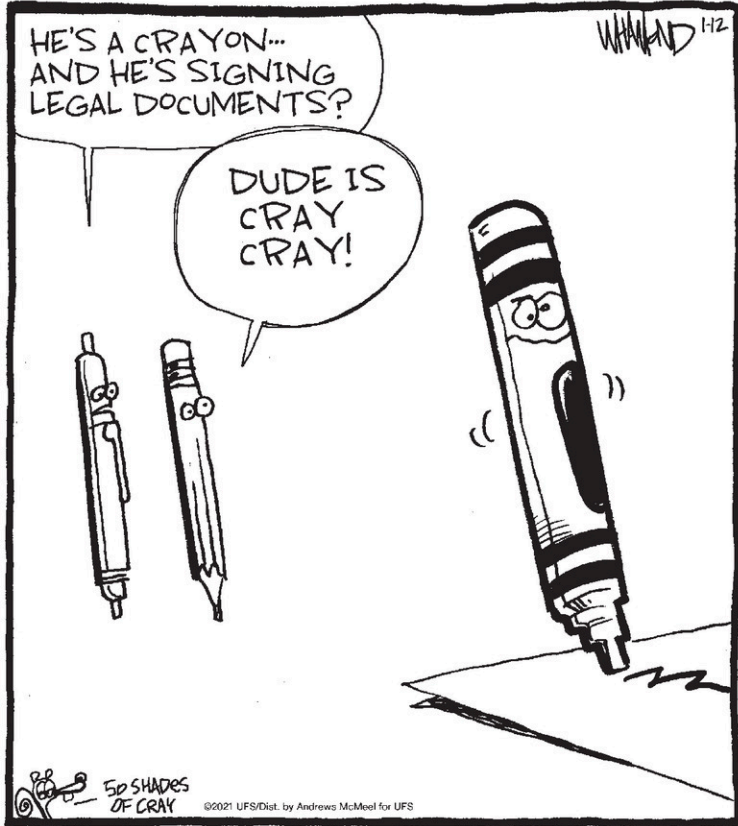
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" 17 HOJZP JRW, M JZZMXOK JI LGG
 CMIY J PAMILJPO, CMIY EH NMLHLTO
 JGK CMIY JNWAI 100 KWTJZP."
 — LYZMPIMJGO JEJGBWAZ

Previous Solution: "I was just going at this career — boom, boom, boom! Then ... at 38, oh, my God — I forgot to get married!" — Connie Chung

TODAY'S CLUE: *g enba y*

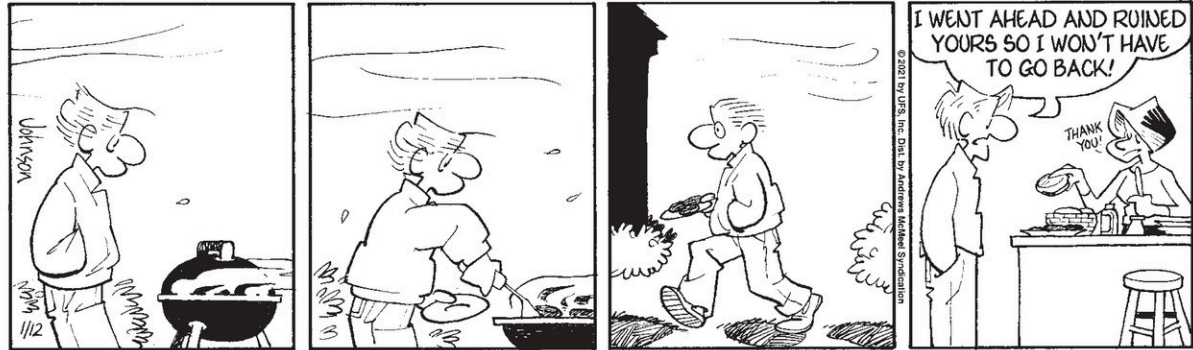
REALITY CHECK



ALLEY OOP



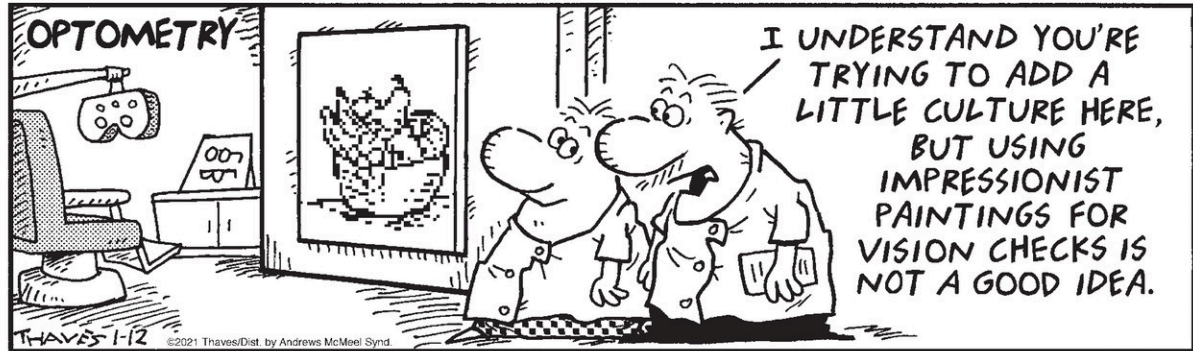
ARLO & JANIS



THE BORN LOSER



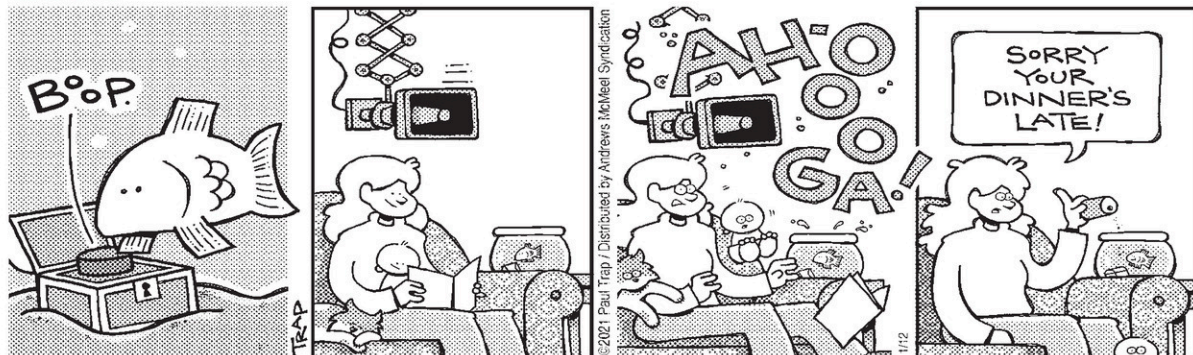
FRANK AND ERNEST



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Foods that can positively affect mood

No one is immune to the occasional bad mood. Whether it's the weather, waking up on the wrong side of the bed or another variable, various factors can have an adverse affect on a person's mood.

Food is one factor that can have a positive effect on mood. Certain foods have been found to positively affect mood, so incorporating them into your diet may help you stay positive even on those days when you get up on the wrong side of the bed.

• **Fatty fish:** A study from British researchers published in the Archives of General Psychiatry found that a daily dose of an omega-3 fatty acid called eicosapentaenoic acid, or EPA, helped patients with depression significantly reduce their feelings of sadness and pessimism. Hackensack Meridian Health notes that salmon, albacore tuna, sardines, trout, and anchovies are rich in omega-3 fatty acids.

• **Nuts and seeds:** The minerals selenium, copper, magnesium, manganese, and zinc have all been linked to mental health, and nuts are rich in each of those minerals. Hackensack Meridian Health notes that almonds, sunflower seeds, pumpkin seeds, walnuts, and peanuts are particularly good sources of the immune system-boosting minerals zinc and magnesium.

• **Dark, leafy greens:** Dark, leafy greens like kale, spinach and collards are rich in iron and magnesium, both of which can increase serotonin levels and help reduce feelings of anxiety. Dark, leafy greens also help the body fight inflammation, which can have a positive effect on mood. A 2015



study published in the journal JAMA Psychiatry found that brain inflammation contributed to certain behaviors, including low mood, that appear during major depressive episodes.

• **Dark chocolate:** Chocolate lovers may be happy to learn that dark chocolate can improve mood. A 2009 study published in the Journal of Proteome Research found that dark chocolate helped to reduce levels of the hormone cortisol, which has been linked to stress. Hackensack Meridian Health notes that, when consumed in moderation, dark chocolate made of at least 70 percent cocoa can help people relax.

Various foods can have a beneficial effect on mood, potentially helping people to stay positive when doing so proves challenging.

(Metro Creative)

CLASSIFIEDS WORK!
(819) 569-9525
THE RECORD Classifieds

NEA BRIDGE

TUESDAY, JANUARY 12, 2021

Who should declare; who should defend?

By Phillip Alder

Last month, at Bridge Base Online, there were two deals that had the same decision for one of the players: to pass a takeout double at the three-level, turning it into a penalty double, or to bid higher with a balanced hand.

Here is the first. Look only at the East hand and the start to the auction. What should East do?

South opened with a weak two-bid. West's first double was for takeout, his second the same and promising extra strength.

Here, if East bids three no-trump (which looks better than four hearts), he would have gone plus at least 600 for the vulnerable game. But if he had passed and defended against three spades doubled, he would have been a happy camper - how happy?

At a few tables, East corrected to four hearts. When the dummy appeared, life looked all right - until declarer learned about the 5-0 trump split! But I think the key guideline is: With a balanced hand, defend; with an unbalanced hand, declare.

West would start off with three top clubs, East playing high-low to show his doubleton, then discarding the diamond six. West will continue

North 01-12-21
♠ 7 6 2
♥ A Q J 10 3
♦ J 10
♣ J 8 2

West East
♠ — ♠ A J 8 3
♥ K 6 4 2 ♥ 9 8 7 5
♦ K 8 5 4 3 ♦ A 6 2
♣ A K Q 9 ♣ 10 7

South
♠ K Q 10 9 5 4
♥ —
♦ Q 9 7
♣ 6 5 4 3

Dealer: North
Vulnerable: East-West

South	West	North	East
2♠	Dbl.	3♠	Pass
Pass	Dbl.	Pass	??

Opening lead: ♣ A

with the high club nine, and East will overruff the dummy. After the diamond ace and another diamond to West's king, a third diamond will give East has second trump trick. With the spade ace still to come, that is down four, plus 800 nonvulnerable.

So, although occasionally you will leave in partner's takeout double with a balanced hand and the contract will make, in the long run you will be well ahead of the game.

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

1/12

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PREVIOUS SOLUTION

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

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

Wedding Invitation Snub

Dear Annie

TUESDAY, JANUARY 12, 2021

Dear Annie: My youngest daughter, "Marta," is beautiful and caring but intellectually challenged. I have always encouraged all my kids to do what makes them happy, and she is no different. A couple of years ago, she met a wonderful man through mutual friends, "Brian." After dating for almost a year, they married last fall. We could not ask for anyone more caring and giving. Brian makes Marta his first priority as a spouse, partner and friend in his life.

The reason I'm writing: My second-youngest daughter, "Elle," who is 27, is getting married this fall and wants to invite Marta but not Brian.

Elle and her fiancé would have preferred to skip this whole ordeal altogether and just get married at the courthouse. But they are doing the wedding his parents want (spending money that is supposed to be saved for a down payment on a house, but I digress). Elle has been really stressed

out about it from the outset.

They said that they are only inviting people they talk to regularly and that Brian isn't someone they talk to regularly.

Brian and Marta were already saving up money for both of them to go. Additionally, Marta is not capable of getting there herself because of her aforementioned disability. I said all this to Elle, but she still said Brian can't come. I said, "Then maybe we won't come, either, because it's not fair that you're treating your sister this way." Now Elle is not talking to me or Marta and blocked my number and my messages online.

Am I wrong here? I do understand that they haven't wanted the wedding from the beginning. But now that they're having one, I think it would be wrong to exclude her brother-in-law. Family is family, whether you talk every day or not. - Wedding Woes

Dear Wedding Woes: You're not wrong, but you can't force them to do what's right. Though it does strike

me as odd to exclude a brother-in-law, this isn't my wedding - and it's not yours, either. If Elle and her fiancé don't want to invite Brian, that's their mistake to make.

Were I to squint hard to try to see a halfway decent rationale for their actions, I suppose I might focus on the fact that they didn't want a ceremony or reception to begin with. They may not see this as a big deal or understand how hurtful such a snub can be. As for how they expect Marta to get there when she needs Brian's assistance while traveling - well, I have no idea what they're thinking. You and Marta might contact airlines to see what assistance is available for travelers with disabilities, if she'd still like to go. But it would be perfectly OK for her to stay home, too. That would be the bride and groom's fault and, most of all, their loss.

Dear Annie: In this day and age, when one has to be constantly aware of scams, I find it terribly annoying to receive phone calls from people

who do not identify themselves when they call. Often when my wife and I get phone calls from fundraising groups or even from doctors' offices and the like, they ask for my wife or me immediately, without first identifying themselves. What's the deal? - Who's Calling

Dear Who's Calling: If I had to hazard a guess, I'd say the decline of phone etiquette corresponded with the rise of cellphones and, specifically, texting. I completely agree that it's impolite not to identify yourself when someone answers your phone call. It seems a lot of people never learned that or else have forgotten. I'm printing this as a reminder.

To find out more about Annie Lane and read features by other Creators Syndicate columnists and cartoonists, visit the Creators Syndicate website at www.creators.com.

Send your questions for Annie Lane to dearannie@creators.com.



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