

Bi national governments meet to discuss environmental future of Lake Memphremagog

By Steve Blake Special to the Record

As part of the permit to expand the landfill in Coventry, Vermont, near the Black River, which empties into the southern end of Lake Memphremagog, two groups which had opposed the expansion were able to reach a settlement agreement that puts a four-year moratorium on leachate entering the lake. Now the two groups, along with several Quebec municipalities around the lake, would like to see the moratorium expanded to a more permanent basis. Water in the lake flows north into Quebec, where 175,000 people get their drinking water.

The groups hosted a meeting for Canadian and Vermont lawmakers Monday morning in Newport, Vermont to discuss the environmental future of the lake. Also on hand were mayors and town officials from Derby, Vermont to Magog. Representatives from Vermont's Agency of Natural Resources and Casella Waste Systems, the landfill's owner, were available to answer questions.

The landfill has been permitted a 51-acre expansion for a total of 128 acres, which will allow it to operate about another 20 years.

Leachate is the liquid that collects under mounds of garbage. It is collected and sent to be treated at wastewater treatment plants. Since 2015, according to the organization called DUMP (Don't Undermine Memphremagog's Purity) almost 18 million gallons of leachate has been treated at the Newport plant on the banks of the Clyde River, which is

CONT'D ON PAGE 5

Richmond region welcomes new babies



GORDON LAMBIE

Record Staff

The town of Richmond joined neighbouring Cleveland and Melbourne townships on Sunday in welcoming 29 babies born to 28 local families in their respective communities over the course of the last year.

The annual ceremony celebrates new arrivals each year with gifts as a way of giving young families an incentive to settle in the region. This year families were presented with a \$100 cheque and a family membership for the year to the Daniel-Ménard RCM

Library by the municipalities, as well as a gift bag from the Philippe Leng Familiprix. The Val-St-François Caisse Desjardins also had a drawing for reusable shopping bags and water bottles, in keeping with the region's recent step towards banning single-use plastics.

Several door prizes were also made available to those who came out to celebrate the newborns despite Sunday's challenging weather conditions, including four massage certificates from the Spa détente beauté l'Angélique, a pass to the local canoe and kayak centre, a blanket provided

by Richmond's Member of the National Assembly, André Bachand, as well as a spot in the local children's swimming classes.

The number of babies for 2019 was down from the year before, when the three municipalities welcomed a record 37 newborns, but Richmond Town Manager Rémi-Mario Mayette said that 28 is in line with the average of past years.

The communities of Richmond, Cleveland, and Melbourne have been welcoming newborns in this fashion since 2010.

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Weather



TODAY:
CLOUDY

HIGH OF -5
LOW OF -5



WEDNESDAY:
CLOUDY

HIGH OF 0
LOW OF -8



THURSDAY:
PERIODS OF
SNOW

HIGH OF -8
LOW OF -23



FRIDAY:
SUNNY

HIGH OF -14
LOW OF -21



SATURDAY:
60% CHANCE OF
FLURRIES

HIGH OF -9
LOW OF -11

Burns, baby burns



DISHPAN HANDS

SHEILA QUINN

*Wee, sleeket, cowran, tim'rous beastie,
O, what a panic's in thy breastie!
Thou need na start awa sae hasty,
Wi' bickerin brattle!
I wad be laith to rin an' chase thee
Wi' murd'ring pattle!*

- To A Mouse, On Turning Up Her Nest With the Plough - Robert Burns, the Scottish bard.

Robert Burns (originally Burness - he changed the spelling in 1786) was a farmer's son (whose attempts to farm were fraught with challenge), who fathered twelve children by four different mothers (nine by his wife, Jean Armour, seven were illegitimate, including the first four before marrying his wife, and five the girls were named Elizabeth), and also a bit of a rebel (at least against Orthodox religion and, well, morality).

One of the early artists of the romantic movement, annual dinners are held in recognition of the Scottish poet, born January 25th, 1759 in Ayrshire, in south-west Scotland, located on the shores of the Firth of Clyde.

He was just 37 years-old when he died on July 21st, 1796, and the Burns Night tradition can be traced back to July 21st, 1801 when friends gathered at Burns' cottage, in honour of Burns on the fifth anniversary of his death. This prompted the founding of the Burns Club, initially gathering on January 29th, until celebrants discovered that Burns' birthday was on the 25th.

Walnut oatcakes with whiskey cheddar spread, cullen skink, neeps and tatties, baked haggis, lamb sausage with whiskey cream sauce, and top it all off with a bit of Scottish shortbread and a Tipsy Laird. With Robbie Burns Night (night) approaching on January 25th, there are a few items for your celebra-



COURTESY OF SHEILA QUINN

2017 Edition. Featured: Simon and Margot Langeveld, me, James Johnston (Mayor, Canton de Melbourne, Dr. Léo Gaudet (President of the RCHS), Louis-Philippe Hébert and Stéphane Bessette.

tory menu.

*Ha! Whaur ye gaun, ye crowlin ferlie?
Your impudence protects you sairly;
I canna say but ye strunt rarely,
Owre gauze and lace:
Tho', faith! I fear ye dine but sparely
On sic a place.*

- To A Louse, On Seeing One On a Lady's Bonnet, At Church (R. Burns)

While celebrations are in the works in Scotland, where Robbie Burns Day is a holiday, a quick search reveals events taking place across Canada, including British Columbia's Simon Fraser University, hosted by the Simon Fraser University Pipe Band organization (an event supporting the Robert Malcolm Memorial Pipe Bands), several events around Toronto, including a Vegan Robbie Burns Day supper by Urban Acorn Catering, and if you ski Banff Sunshine in a kilt, you ski and/or snowboard for free for the day!

One need not venture too far from home to take in the plaid, however, as the Richmond County Historical Society will 'address a haggis' and then some this Saturday evening, January

18th, 2020 at Le Réfectoire du Couvent (in the Conquistador Productions locale) in the Mont-St-Patrice convent building in Richmond.

With several years' worth of celebrations of its kind, the RCHS' Robbie Burns Night event is a cocktail style soirée featuring the poetry of the Scottish bard, music of the Highlands and Scottish hors d'oeuvres.

Ticket price for the event is \$45 (including wine and non-alcoholic beverages) and attendees may also contribute further donations at a 'dram bar' for nips of Scotch and Robbie Burns cocktails. With special musical guest Triton and other artists present, a pleasant evening is planned.

Tickets may be purchased via Louis-Philippe Hébert at (819) 620-4071, via email at louphe@me.com or via the Burns Soirée 2020 Facebook page. The Réfectoire du Couvent (and the locale for Conquistador Productions) is located at the Mont-St-Patrice convent building, entrance 140, du Couvent, Richmond. Tickets are limited, must be confirmed prior to the evening of the event.

Ben by Daniel Shelton



Local News

Across the country, the 2019 cookie campaign raised a record \$9.8 million over the course of the week from September 16-22.

Richmond camp benefits from cookie fund

Record Staff

There were some smiling faces in Richmond this past week as the local Tim Hortons franchise handed over a cheque for \$1,766 to help pay for the summer day camp run by the town in conjunction with the neighbouring Melbourne and Cleveland townships. The funds were raised as a part of Tim Hortons annual "Smile Cookie" campaign, which raises millions of dollars for causes in local communities each year through a one-week sale of special chocolate-chip cookies.

François Séguin, Director of Recreational Services for the Town of Richmond explained that the local smile cookie funds have been going towards funding the camp for several years and are a greatly appreciated source of support.

In the summer of 2019 the camp welcomed 175 campers over the course of seven weeks. Although \$1,766 doesn't even come close to covering the cost of programming and of paying the 14 youth leaders for the summer, Séguin explained that outside support helps to keep costs for parents down, as the expenses of the camp are covered largely by registration fees.

"It's incredible how much of a difference the simple purchase of a cookie can make," he said. "We want to thank Tim Hortons for their ongoing support. We are very happy that our community

decided to support the Richmond Day camp to such a great degree."

"Every year, we are always excited to participate in the Smile Cookie Campaign," said Daniel Mongrain, local Tim Hortons Restaurant owner. "I would like to thank our loyal clients and dedicated team members: it is thanks to them that this year's campaign has been a success. The money we collect allows us to take action that really matters in our communities, and we were delighted to participate in the campaign again this year."

Across the country, the 2019 cookie campaign raised a record \$9.8 million over the course of the week from September 16-22. Those funds were divided up between 550 different Canadian charities, hospitals and community groups.

"We were blown away by the success of this year's Smile Cookie campaign," said Mike Hancock, Tim Hortons' Chief Operating Officer. "We are tremendously proud of how our restaurant owners, their team members and guests come together to raise a record \$9.8M to support some of the most impactful local causes and charities across Canada."

Elsewhere in the Townships, the town of Lac-Mégantic was one of the campaign's top five performing communities with \$26,703 raised for the Maison La Cinquième Saison palliative care home.

Queen Street closed Tuesday

By Gordon Lambie

The south end of Queen Street will be closed on Tuesday from 5 a.m. to 8 p.m. for work on the water pipes near the intersection with Rawson Road (formerly Haskell Hill). Drivers approaching from or heading south are advised to plan an alternate route to and from town.

In addition to diverting traffic, the work will also have an impact on wa-

ter supply to houses on Queen Street between Highway 410 and Downs Street, as well as those on Maple Grove, Elmwood, and Rawson. There is no temporary supply of free potable water planned, so those impacted by the work are encouraged to plan ahead.

Because of the timing of the repairs to the pipe network, the hole made by the work will be filled in but not resurfaced until after the spring thaw.



COURTESY

Five weeks of work on the way for Jacques-Cartier Bridge

Record Staff

Quebec's Ministry of Transport announced on Monday that Sherbrooke's Jacques Cartier Bridge will undergo five weeks of work beginning this Thursday, January 16. Drivers and other road users are cautioned to expect narrowed and slightly deviated lanes on the span throughout the duration of the work.

According to the press release issued by the Ministry, the work to be carried out is a series of corrective measures for the bridge's support struts, which were found to have "anomalies" during work carried out on the bridge last sum-

mer. It is as a result of the issue with the struts that the southbound sidewalk was closed in June, owing to its having a diminished weight capacity. At the end of the current work project, the sidewalk should once again be safe to open for pedestrian traffic.

As with all work projects, the Ministry is advising the public that both the five-week timeline and the degree to which lanes are or are not blocked to complete the work may change at a later date based on factors ranging from weather conditions to operational constraints. The Quebec 511 website will provide updated information on the work as it moves ahead.

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The Teacup Man

By Linda Knight Seccaspina

My grandmother once told me that if I never talked to anyone I would never learn anything. So, I have always taken her words to heart, and talked my way through life. It doesn't matter if I know you, or if you are even looking my way. If I find you interesting, I will find the ways, and means to talk to you. Yes, I am that interested in people and their stories.

A few years ago I met a disabled man on the bus. Looking for a seat quickly he was hindered by a man who occupied the space for the handicapped users. No matter what the elderly gentleman said to him the man pretended he could not hear him.

The old man lowered his glasses in sadness and sat next to me. I asked him if he was okay, and he nodded his head

and smiled. I patted his hand, and said I was so sorry the man was a jerk.

He smiled, looked at me, and then asked out of the blue,

"Have you ever been to Disneyland?"

I nodded my head, and he began to tell me a story of how he helped construct the Disneyland teacups for the teacup ride that opened in 1956. He held me captive telling me exactly how they made them, and then went on to tell the tales of making things for the San Francisco Aquarium. He did not stop there, and continued to banter about his company that helped with the restoration of the San Mateo Bridge in the 60's. He was very proud of what he had done, and how he had worked for 40 years doing the things he loved.

Because of his story, it immersed me back in thoughts of Haven Isle a picnic area that once was in a rural area of

Quebec. As my father used to say: Haven Isle was just a left hand turn past the curve of Bolton Centre towards Mansonville. Every year the Cowansville Trinity Church Sunday School picnics were held there, and they had an almost identical teacup ride at the top of the hill. I also remember pony rides, rental row boats and they also had a suspension bridge. I hated that bridge, but it was the only way to get to the island that held a snack bar, a beach, and all my friends. So, Linda Knight had to suck in her fear, and go across that shaky bridge. Sometimes a nasty kid would be on the other end, throw me a smirk, and start rocking it. Those were the times I held on for dear life, and then threw up over the side.

I Googled Haven Isle today, and it no longer exists as Haven Isles but a camping ground called Havre des Isles. I

wonder what happened to the teacups, and all the joy that place once held.

The gentleman talked a bit more about his life, this time with remorse about having to lead it now as a senior. He said no one cared, or had respect for the elderly. I sadly agreed, and when he got off at the next station, he thanked me for allowing him to talk a little about himself.

Who knew that in my life, I would meet someone who had made the very teacups that I had seen on the Walt Disney show in the 1950's? How many people will you ever meet that shook Disney's hand? You can't stop aging, but you don't have to lose all the other ages you've been. Sure your childhood lies behind you, but never let that memory bridge burn behind you. I surely am not going to.

How to get out of credit card debt



AsktheMoneyLady.ca

My New Year's Resolution is to get my finances in order, but I have a lot of credit card debt and I don't know what to do to get it under control. Should I declare bankruptcy? I am worried this will make things even worse, any ideas?

Sincerely,
Julie XXXX (Drowning in Credit Cards)

Dear Drowning!

Don't beat yourself up about this debt, it can be fixed. Declaring bankruptcy should be viewed as a last resort and I would exhaust all other solutions before contemplating this option. Yes, the bankruptcy will ruin your credit, however it is recoverable. Once the bankruptcy has been settled and cleared, it is important to re-establish good credit right away. This could take up to three years to do so but remember to reach for your dreams you must do the incremental steps over time to get there. Money is not just for toys and possessions, it provides the means for you to reach your goals and ensures your comfort, dignity, security and independence as you age. Be honest with yourself and be committed to change. Let go of any past indiscretions or setbacks and start new this year. It is a new decade, and a new start to clear your mind towards financial freedom.

If you are entering the year with considerable debt, there are a few other ways to fix this. The easiest method is to consolidate high interest loans

into a new mortgage to capture a lower rate and increase monthly cash flow. This consolidation should be viewed as a one-time transaction to put you on the right road to a debt free lifestyle and should never be used as a continuous solution to get you out of future debts. If this is not an option, make a list of all your debts and begin to tackle one liability at a time. Pick the one you are going to concentrate on and put as much as you can down on this debt every month, whilst only paying the minimum payments on the other loans. Once this debt is paid, then move to the next one, repeating the process of paying down one and maintaining the others with only minimum payments. Once all the credit is paid, you can use these newfound funds to start a savings program toward investing. This is when you will stop feeling helpless. Be sure to avoid the tendency to sugar-coat your finances or make excuses to flee from finally resolving your debt this year. It is necessary for you to take action and get out of the victim mentality, finally creating certainty and options for your future. If

this means finding ways to make more income, getting a new job, or cutting back on spending – then do it!

It is in the reach of every person to become financially comfortable. Let go of your old habits and create new ones!

Let's make this new decade your time to succeed. Dream big. Try new things. Save more. Believe in yourself and most of all, believe you are worth it!

You've got this!

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author of "How to Retire Debt Free and Wealthy" Chris is a Canadian Financial Planner, Chartered Investment Manager, Insurance Broker, Commercial & Residential Mortgage Broker, Estate Planner and Taxation Expert, with over 25 years in Canadian Banking. Follow her on Facebook & Instagram.

If you have a money question, please email on my website at: www.askthemoneylady.ca

The end of late fees at the Bibliothèque Lennoxville Library

In keeping with a growing trend in the world of public libraries, the Bibliothèque Lennoxville Library is proud to be among the first libraries in Estrie to announce the end of late fees. Effective, January 1st there are no longer any charges for books or DVDs returned to the library after their due date, though users will still be held responsible for lost or damaged items.

This change in policy will represent a loss of approximately 500 dollars a year from the library's

operating budget, but as Heather Thomson, President of the Library's

Board of Trustees affirms, "This decision is perfectly in line with the Library's mission as a community organization. It is proven that imposing late fees unjustly penalizes the most vulnerable individuals and families, and forms a barrier to children's learning and development. We believe that the public library is a local service that must be available to everyone."

The movement to end late charges, which began in the United States, has already proven its merits. Nearly everywhere such a policy has been implemented, rates of library use have

increased significantly. Public libraries in Quebec appear to be more vital than ever: according to the Institut de la Statistique du Québec, visits to public libraries in the province have increased by 25 percent over the last decade.

At the heart of the community With numerous monthly events including book clubs, art shows, story times, and even Dungeons and Dragons nights, as well as its collection of more than 20,000 books, audiobooks, films, and TV series in English and French, the Bibliothèque Lennoxville Library is at the heart of the cultural

life of the borough, and has seen circulation of library materials, and library visits increase by nearly 25 percent in the last year alone.

As a bilingual institution, it is also more than just a neighborhood library: it serves the needs of those seeking access to a wide array of English language materials from across the region.

Submitted by the Bibliothèque
Lennoxville Library

AgriSpirit Fund call for projects

Record Staff

Funding is available for local non-profits, municipalities and groups with a project geared towards enhancing quality of life or contributing to sustainability in rural communities.

Alain Rayes, Member of Parliament for Richmond-Arthabaska and Political Lieutenant for Quebec for the Conservative Party of Canada, sent out a press release this week inviting the organizations and municipalities in his riding to apply for the Farm Credit Canada (FCC) AgriSpirit Fund.

The call for projects will run from March 1 to March 31, 2020. The FCC

AgriSpirit Fund is all about enhancing rural communities. Grants between \$5,000 and \$25,000 are available through the program.

The FCC will announce selected projects in August.

Two types of projects will be considered. Capital projects related to construction or upgrades to hospitals, medical centres, childcare facilities, rinks, sports complexes or the purchase of fire and rescue equipment are the first option. Sustainability projects including upgrades to heating and cooling systems in community buildings, installation of new windows in a recreation centre or purchasing new capital items for a recycling facility will also be considered.

"Whether it's a construction or renovation project, whether it's related to a park, community centre, your facility, municipal sports centre or fire hall, the AgriSpirit Fund is an additional source of funding for projects that strengthen our communities. In our riding, the City of Richmond (LED lighting at the arena), the Comité des loisirs de Sainte-Élisabeth-de-Warwick (heating and lighting in the multifunctional pavilion) and Saint-Camille (high-speed Internet), among others, have benefited from this program in the past," noted Rayes.

The MNA for Richmond-Arthabaska is inviting organizations planning to submit a project to notify his team members by e-mail (alain.rayes@parl.

gc.ca) or by telephone (819-751-1375 or 1-877-751-1375). "You can also contact us if you have any questions. It is always a real pleasure to accompany you through the call for projects process," he said.

More information on the Fund is available at www.fondsAgriEspritFAC.ca. The Program Guide of the MNA for Richmond-Arthabaska can be consulted at <https://www.alainrayes.ca/guide-agriesprit-2020/>.

Since the inception of the FCC AgriSpirit Fund in 2004, the corporation has supported more than 1,000 capital projects in rural Canada, providing a total of \$10.5 million in grants.

Nathalie Normandeau's request for stay of proceedings to be heard in March

The Canadian Press

A judge will hear in March a request for a stay of proceedings from former deputy premier Nathalie Normandeau and her co-accused, charged in 2016 following a corruption investigation.

The parties are to appear March 16 in Quebec City to discuss what the defence says are unreasonable delays in the case

as part of a challenge invoking the Supreme Court of Canada's Jordan decision, which set strict timelines for cases to get to trial.

In a letter sent to media last week, Normandeau said the delays in her case were "cruel and inhuman," affecting her personal and professional situation.

The 51-year-old former provincial politician was arrested as part of an investigation into allegations that public

contracts were awarded in exchange for political donations.

In August, the Crown announced it was dropping more than half of the charges against Normandeau.

Five charges of fraud, corruption and conspiracy were withdrawn, with the Crown intending to proceed to trial on three counts, including breach of trust and fraud against the government.

Quebec court Judge Andre Perreault

agreed Monday to assess the delays in the case and determine which parties are responsible.

Perreault dismissed a similar motion for a stay in March 26, 2018.

Noting that nearly two years have passed since that ruling, Perreault said it was "appropriate" for the court to look at the matter anew.

Lake Memphremagog

CONT'D FROM PAGE 1

also a tributary of Lake Memphremagog. The treated leachate was dumped into the river. The leachate poses a threat to the lake because it contains "contaminants of emerging concern" including PFAS (per-and polyfluoroalkyl substances) that have been found to cause health risks in people, wildlife, and plants, DUMP said. The wastewater treatment plants cannot treat the PFAS. PFAS biodegrade "extremely slowly" and accumulate over time.

Since the Newport plant has recently stopped treating the leachate from the landfill it is being trucked to other plants in the state, including Montpelier, where the treated leachate is dumped into the Winooski River that

flows into Lake Champlain.

But it's not only the treated leachate that is of concern to DUMP and Memphremagog Conservation Inc. (MCI). They also worry about leaks from the landfill into the watershed.

"Even after the dump closes it will continue to produce leachate for years to come," said Teresa Gerade, the chairman of the DUMP Research Group. She said that over a period of five years more than 326,000 gallons has been found in the second liner of the landfill.

"If the secondary liner has a fault then the leachate will be in the ground."

Leachate in the secondary liner is not an indication the liner is leaking, said Joe Gay of Casella.

"People are drinking the water," Robert Benoit, the president of the Canadian group MCI, said. "We don't want leachate in that lake." He asked the politicians on both sides of the border to continue the fight. "It's tough to get 15 politicians here at the same time."

When asked by Brian Smith, a selectman from Derby, Vermont and a member of the Vermont House of Representatives, asked what Quebec landfills do with their leachate, Benoit had a terse reply.

"No leachate goes into the lake," he said. He explained that it goes into rivers, where it is diluted. "We're not here to talk about Quebec."

Lisette Maillé, the mayor of Austin, Quebec, suggested keeping the leachate out of the lake for 20 years.

"We're working with the ANR," commented John Casella, the landfill owner. "Science says there's no health risk," he said, adding that they are looking into technology that can take PFAS out of the leachate.

"Protection of the lake goes to both sides," Casella said. He said Canada doesn't test for PFAS.

Casella brought up what he perceived as negative publicity the company received following a truck accident on Route 5 in Coventry near the Black River where 8,000 gallons of leachate from the landfill spilled onto the ground on

Dec. 27. "I'm tired of hearing we're not doing our jobs," he said.

Chuck Schwer of the ANR said the leachate has been relatively safe.

"Landfills today are a better way to treat garbage than they used to be."



STEVE BLAKE

Magog Mayor Vickie May Hamm spoke on behalf of Quebec mayors of municipalities on Lake Memphremagog. Their biggest preoccupation, she said, is the affect of leachate on the drinking water from the lake.



Weddings are milestone events and The Record/Brome County News are planning to compile a special section, on January 21, that captures these special moments over the decades with their various styles of wedding attire.

Whether you've been married in a recent, non-traditional ceremony or 60 years ago, please share your wedding photos with our readers.

Submit your photo, with name, date of marriage and place, along with \$10. (taxes included) to the address or email listed below. We accept visa or mastercard for payment.

Deadline for submission: January 16, 2020.

THE RECORD

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EDITORIAL

What's going on? Is it simply profit and greed? Fear of change? A lack of empathy and caring for the future? Ignorance? All the above?

SCIENCE MATTERS

A 2020 vision for climate action

By David Suzuki

Let's hope 2020 marks the start of a year and decade when we finally take climate disruption as seriously as the evidence shows we must. We understand the problem and know how to deal with it. Many solutions exist and more are being developed daily. Consuming less of everything, including energy, rapidly shifting to renewable energy, and protecting and restoring green spaces and wetlands that store carbon are all things we've been doing and can do more.

We'd have healthier children, less risk of extreme weather-related events like floods and fires, fewer refugees, cleaner cities and more sustainably managed resources. It's astounding that anyone would oppose that. Yes, people working in coal, oil and gas have legitimate fears about their futures, which is why they need support and training as the industry automates and transitions.

But we make it more difficult with every year we fail to act decisively. The talk is often of a "gradual" transition, the cliché being, "We can't get off fossil fuels overnight." That's true, but it's used as an excuse to avoid getting off fossil fuels at all. Through decades of increasingly urgent warnings from the scientific community about the dangers of pumping massive amounts of long-lasting greenhouse gas emissions into the atmosphere, many governments, including ours, have facilitated rapid expansion of the industry, especially for dirtier, less-efficient, harder-to-obtain products like oilsands bitumen.

Despite promises to stop, our government and others continue to massively subsidize the most profitable industry in history with tax breaks, reduced royalties and incentives. Governments develop climate strategies — many of them good — and then turn around and buy a pipeline or frack the hell out of the landscape.

It doesn't make sense.

Looking south of the border and elsewhere in the world is even more bewildering. The U.S. president rambles incoherently about wind energy while rolling back decades of practical environmental laws and regulations. Australian politicians reject climate solutions and promote the dying coal industry while evacuating their people from record-breaking heat and a country on fire.

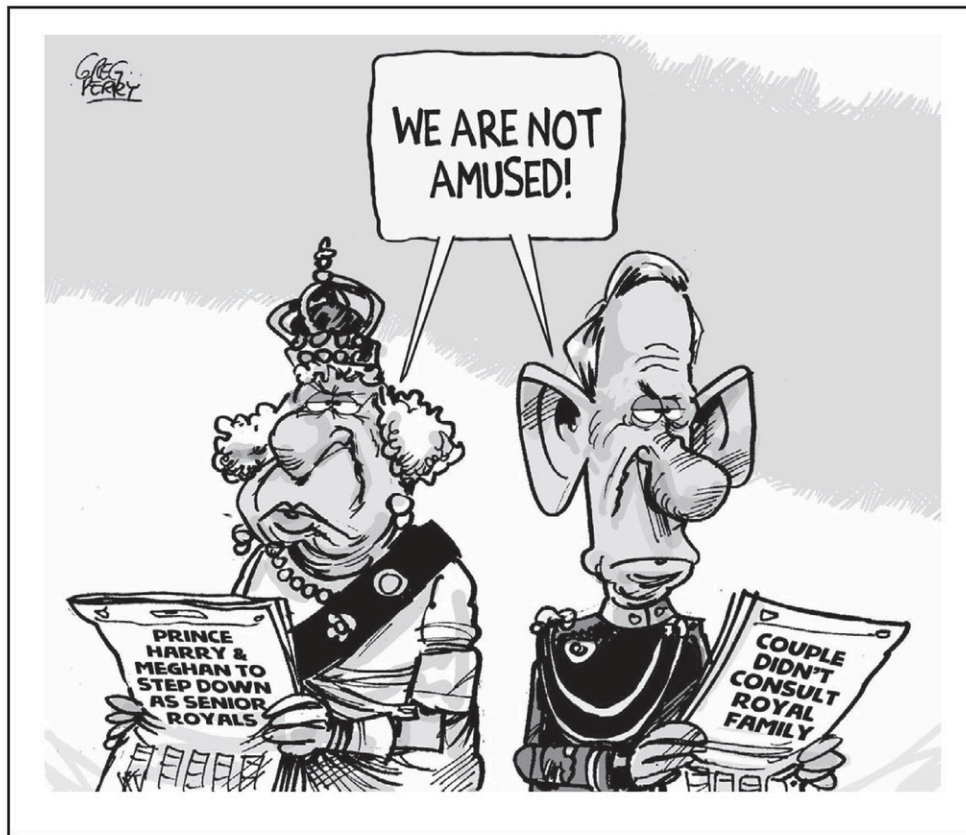
What's going on? Is it simply profit and greed? Fear of change? A lack of empathy and caring for the future? Ignorance? All the above?

Some people who oppose environmental protection believe it's their religious duty to help speed the "end times." Politicians on both sides of the U.S.-Canada border are known to follow these beliefs. It's absurd that people who believe God created the heavens and Earth would be so hell-bent on destroying all they've been given. It's like burning down your house so you can speed your move to a new one that you have not yet seen!

Declining education standards, especially around critical thinking, have made many people more susceptible to the barrage of conspiratorial and other false information flowing through social and conventional media. That information — from climate science denial to outlandish conspiracy theories — is intentionally produced by people determined to maintain their mostly unearned privilege no matter what the cost to the rest of society.

If we had politicians willing to act with the urgency the evidence shows is necessary, curbing climate catastrophe would still be a challenge this late in the game, but we could do it. We could at least start to ensure things don't get worse than they already are.

We can and must do better. But it's going to take more than changing our diets, buying e-vehicles and conserving energy — as important as those are. We must adapt our economic systems to current conditions and work on solutions that may not fit within the



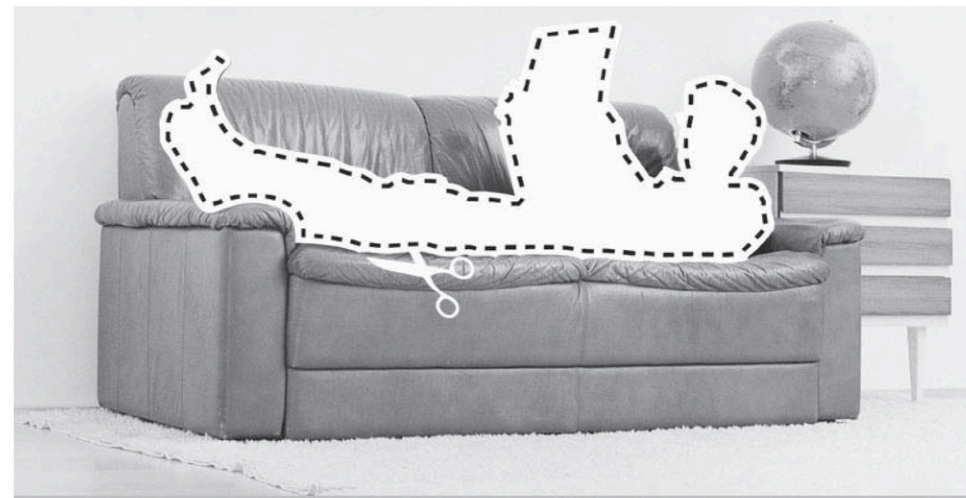
profit-and-growth paradigm, including massive reforestation projects, better environmental regulation, and education, strengthened women's rights and family planning to stabilize population growth.

We can't afford to squander limited resources for the sake of a seemingly endless cycle of working and consuming. And we can't just keep polluting air, water and land and not expect consequences. Some people may accept the idea of an apocalypse, even to the

extent of praying for it and wanting to speed its coming. But most of us just want to live healthy, happy lives, where friends, family and experience mean more than money and "stuff." We're the majority and so must continue to speak out and speak loudly.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor and Writer Ian Hanington.

Learn more at davidsuzuki.org.



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The Record is published daily Monday to Friday. Back copies of The Record are available.

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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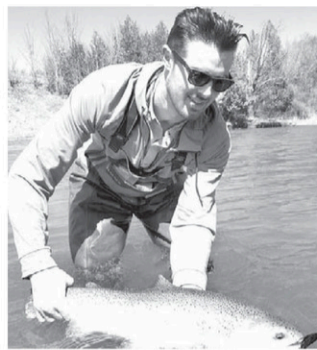
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Local Sports

Cold extremities are a major limiting factor when fishing in the winter, even for anglers who dress perfectly for the task, whereas cold core temperature is more often the result of poor choices in attire.

Braving the cold



ON THE HOOK

ANDREW HOWARTH

Most people, anglers included, can look back to a time in their youth when life's most urgent questions were about where their next dose of fun would come from, and when. My younger self found it easy to decide when to go fishing, because I just went whenever I could. In retrospect, I'm amazed by the lack of regard for weather forecasts that I and my friends had before an outing.

The amount of hardship that someone is willing to endure in pursuit of something is a reliable measure of their passion, and cold weather fishing has given me countless great memories, along with many near-frostbitten feet. Tailwaters, frozen lakes, and other viable winter fisheries mean that high-latitude anglers can choose whether or not to have an offseason, but open water and active fish are only part of the equation. First, I think it's important to note that comfort isn't only a matter of warmth and coziness, but an important consideration for any good cold weather angler. Certain types of fishing are more feasible in adverse conditions than others, and as a result, some winter anglers tend to develop unique and sophisticated and skills. Bad casts, fanned hooksets, and substandard rigging are all common side effects of not knowing how to properly brave the cold, and each

demonstrates how comfort is quite closely related to good fishing. In my experience, wind and moisture are the prime suspects when anglers get the chills, and I've found temperatures as low as -25 degrees surprisingly fishable so long as I can remain sheltered and dry. The importance of dressing properly (i.e., layering) can't be overstated, but has been covered ad nauseam in other publications, so this article will focus on some more unusual forms of troubleshooting.

If you've been unlucky enough to accumulate priorities in your life besides catching fish—as most of us have—you might try manipulating your non-scheduled priorities in order to maximize outdoor time, and simultaneously avoid the chills. Despite sayings like “there's no such thing as bad weather, just bad clothing” and bumper stickers that read “today's forecast: who cares” some days are simply write-offs. Being that my free time is limited, and my priorities mostly non-scheduled, it really bugs me to be cooped up inside and working during prime conditions, knowing that I decided to fish for eight hours in freezing temperatures and sustained 50 km/h winds during the previous week. The full cost of bad weather can also be deceiving. It's easy to underestimate and overlook the amount of time that may be spent trying to warm up, waiting for slush to burn off, or removing ice from rod guides if you decide to fish in extreme cold. Six hours of fishing in frigid weather may only be worth two hours of fishing on a better day. By paying close attention to weather forecasts, and drawing on past experiences of changing conditions, you can decide what days are better spent taking care of business in order to fish in calmer seas. After all, why fight the cold when you have a chance to avoid it? In some instances, I've even elected not to fish in prime water conditions that coincide with inclement weather, in order



Major benefits of braving the cold include solitude, the potential for great fishing, and time spent in what some would consider a winter wonderland.

to fish slightly poorer water conditions on a much-improved weather day.

Cold extremities are a major limiting factor when fishing in the winter, even for anglers who dress perfectly for the task, whereas cold core temperature is more often the result of poor choices in attire. It's important to nip problems like cold hands and feet in the bud, because it's often difficult to recover without excessive perspiration or exhaustion if you allow yourself to get too cold. Before your feet become uncomfortably numb, it's best to take a hike, even if the sole purpose of that is to keep warm. When fishing larger rivers, I'll often shuttle back and forth between two separate runs, fishing both spots fully but in parts, while using the in-between hikes to keep myself comfortable and sharp. For hands, a quick recovery can usually be achieved by tucking them under your thermal underwear for five to ten minutes. An even more efficient technique is to keep a fleece toque or other garment containing hand warmers in a readily-accessible area like your pocket, where an idle

hand can be stashed periodically while not in use. I've never found gloves particularly advantageous when fishing in cold weather because my activities require more dexterity than even the best gloves permit, but many anglers I know beg to differ. I've also found many of the more technical and sophisticated methods of braving the cold overwhelmingly effective and impractical, but the above-mentioned techniques have proven reliable.

Will Greer's character 'Bear Claw' from Robert Redford's 'Jeremiah Johnson' famously said that “you can't cheat the mountain” and what's true of great mountains is often also true of rivers—and other formidable things in nature. There's no getting around the fact that cold weather presents difficulties, and some level of discomfort is inevitable in winter fishing. However, there are great rewards to be gained by the anglers who are willing to work hard and seek solutions to the adversity that a freezing river or frozen lake presents.

La Patrie Biathlon on for the moment

By Gordon Lambie

Despite the thaw on the weekend, Biathlon Estrie President Linda Arès said that, for now, the second weekend of the Coupe-Québec biathlon is still on. Originally meant to take place on January 4 and 5 and the 18 and 19 in La Patrie, the competition was cut short in its first weekend due to a lack of snow.

“We will have to make some adjustments to trails, but for now it is a go.” Arès said, joking that she might have to

have volunteers come with shovels on the day-of and move the snow manually to make the event work.

The club president was extremely tentative in confirming the event a week in advance, pointing out that although the long-term forecast at this point sees the region getting more snow over the days leading up to the race, the state of the weather so far this winter has made it difficult to accurately judge conditions more than one day before an event. That in mind, she said that those interested in coming to see

the event or help out should remain attentive as the event is not yet a sure thing.

The club also welcomes volunteers, with or without shovels, to come and help out with the races. No prior knowledge or experience of biathlon is required, and should the event take place, lunch and door prizes will be available for those who give their time to assist.

Anyone wishing to help out can reach out to Biathlon Estrie by email at infobiathlonestrie@gmail.com. Volun-

teers can also sign up on site as of 8:30 a.m. on the morning of the races.

The Coupe Quebec is an annual biathlon event that typically draws as many as 80 athletes of all ages from across the province as well as some from Ontario and Vermont. Provided the weather stays nice, the races will take place at 191, route 257 South from 10 a.m. to 1:30 p.m. this coming Saturday and Sunday.

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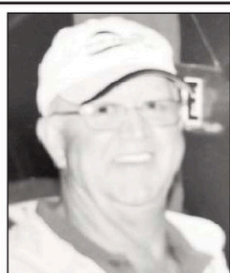


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Death



Walter Walker
(1941-2020)

Passed away peacefully at the CHUS Fleurimont on Saturday, January 4, 2020.

Beloved husband of Ann Cutler and dear father of Robert, Debbie (Bruce), Donna and grandfather of Nicholas (Kristy), Heidi (Anthony), Faye and Clyde.

He also leaves to mourn his sisters Waneta (Gaston), Caroline (Glen) and was predeceased by Wanda (late Jim) and also leaves to mourn many sisters-in-laws, brothers-in-law, nieces, nephews and friends. As per Walter's wishes burial will take place at a later date.

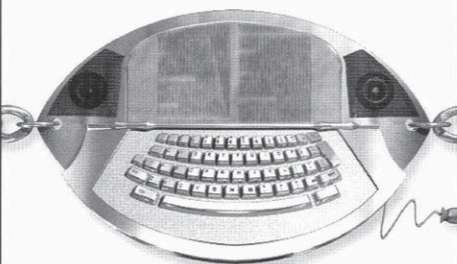
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Card of Thanks

KNOWLES - I wish to thank all who made my 99th Birthday special. For the Birthday wishes of flowers, cards, gifts, visits and phone calls. To Sharon Bean for the beautiful cake and to my family.

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TUESDAY, JANUARY 14, 2020

Today is the 14th day of 2020 and the 25th day of winter.

TODAY'S HISTORY: In 1784, the United States ratified the Treaty of Paris that ended the Revolutionary War.

In 1943, Franklin D. Roosevelt, Winston Churchill and Charles de Gaulle met in Casablanca, Morocco.

In 1952, the morning news program "Today" debuted on NBC.

In 1954, New York Yankee Joe DiMaggio and actress Marilyn Monroe were married in San Francisco.

In 2010, Yemen declared open war on al-Qaida.

TODAY'S BIRTHDAYS: Benedict Ar-

nold (1741-1801), American soldier/traitor; Albert Schweitzer (1875-1965), theologian/physician; Hal Roach (1892-1992), film and TV producer; John Dos Passos (1896-1970), author; Andy Rooney (1919-2011), writer/TV commentator; Faye Dunaway (1941-), actress; Shannon Lucid (1943-), astronaut; Lawrence Kasdan (1949-), filmmaker; Steven Soderbergh (1963-), filmmaker; Shepard Smith (1964-), TV journalist; LL Cool J (1968-), rapper/actor; Jason Bateman (1969-), actor; Dave Grohl (1969-), singer-songwriter; Grant Gustin (1990-), actor.

TODAY'S FACT: Franklin D. Roosevelt's 1943 meeting in Casablanca marked the first time a U.S. president traveled by airplane while in office and the first time a president left the coun-

try's soil during wartime.

TODAY'S SPORTS: In 1973, the undefeated Miami Dolphins completed the only perfect season in NFL history, defeating the Washington Redskins 14-7 in Super Bowl VII.

TODAY'S QUOTE: "The only thing of importance, when we depart, will be the traces of love we have left behind."
- Albert Schweitzer

TODAY'S NUMBER: 34.3 million - estimated population of Morocco in 2019.

TODAY'S MOON: Between full moon (Jan. 10) and last quarter moon (Jan. 17).

Holistic practices can make big differences



ASK THE DOCTORS

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

Hello, dear readers! We hope this new year is finding you happy and healthy, and that the expectations of the holiday season didn't take their toll. Whether it's a moment of meditation, a quiet cup of tea, or a romp with the family dog, always remember to take some time for yourselves. And now, onward to your letters.

- In response to a column about an inflammatory condition known as polymyalgia rheumatica, or PMR, several of you wondered if changes to diet may be helpful. This condition causes pain and stiffness in the muscles and joints, most often in the neck and shoulders, but also the hips, thighs and lower back. Treatment includes corticosteroids, such as such as prednisone, and pain meds, such as ibuprofen and aspirin.

Research shows that lifestyle changes, including a diet to lower inflammation, can also help ease symptoms. One of the goals in this type of eating is to stabilize insulin levels. That translates to a diet low in added sugars and simple car-

bohydrates and rich in a variety of colorful, nonstarchy vegetables. Steer clear of alcohol, processed foods, fried foods and processed meats. Harness the anti-inflammatory properties of omega-3 fatty acids with fish such as mackerel, sardines and salmon, and flax seeds, chia seeds and leafy greens.

The good news is that this condition is usually temporary. Most people see relief in about a year, although in some cases, it can take longer to resolve.

- We heard from several of you regarding the column about frozen shoulder. This is a condition in which pain and stiffness in the shoulder joint gradually makes movement difficult or even impossible.

One reader found relief after seeing a chiropractor. "I had one session, and it fixed my frozen shoulder for good," she wrote. "That was eight years ago, and my shoulder is still fine. Really works!"

Another reader, whose doctor proposed a surgical fix, sought acupuncture instead. "After one treatment, I could lift (my arm) straight up as high as ever with no pain," he wrote. "It would save a lot of people a lot of pain if everyone knew about acupuncture."

- A recent column in which we discussed the benefits of breathing through the nose rather than the mouth prompted this question from a reader: "What about people who sleep with their mouths wide open?" she asked. "They don't have any control over how they are breathing." Many people breathe through their mouths at night due to mild sinus blockage. Blowing one's nose before bed, using a neti pot or saline nasal spray, adjusting sleep position, elevating the head, and using over-the-counter nasal or mouth strips can each be helpful. In some cases, mouth breathing can be a symptom of obstructive sleep apnea. This is a serious sleep disorder, and it requires medical care.

As always, thank you for your letters. We're so glad you enjoy the column and find it useful. We love that you keep our mailboxes - both snail mail and email - full, and we look forward to hearing from you next month.

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

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

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WEDDING WRITE-UPS:

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TOWNSHIPS

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

LENNOXVILLE

The Lennoxville and District Community Aid will be holding a Blood Pressure clinic on Tuesday, January 14 at 164 Queen Street, Suite #104, from 1:30 p.m. to 2:30 p.m.

RICHMOND

The Ladies Auxiliary of the Richmond Legion, Branch #15, will hold a Chicken Pie Supper on Saturday, January 18 at 5:30 p.m. Advance sale of tickets, call Siemy or Shirley at 819-826-3444 or 819-826-2665.

BURY

CHEP Video Conference: January Blahs... or Depression? Wednesday, January 15, starts at 10 a.m. (please arrive

early), Eaton Valley Community Learning Centre (Pope Memorial Elementary School), 523 Stokes, Bury. Free to join; no reservation required.

RICHMOND

CHEP Video Conference: January Blahs... or Depression? Wednesday, January 15 starts at 10 a.m. (please arrive early), Richmond Regional High Community Learning Centre (375 Armstrong, Richmond). Free to join; no reservation required.

LENNOXVILLE

Chase Away the Winter Blues concert at Lennoxville United Church, 6 Church Street, on Saturday, January 25 at 7:30 p.m. Adults: \$8, children 7-12 \$3, under 6 years of age no charge. Refreshments following the concert. Come out for an enjoyable evening of music, song, dance and laughter.

LENNOXVILLE

Cribbage tournament to be held at the A.N.A.F. Unit #318, "The Hut", 300 St. Francis Street, Lennoxville on Saturday, January 25, to benefit the Relay for Life team "The Bravehearts." Registration is at 1 p.m. Everyone is welcome. Come and support this worthwhile cause.

Bring your own partner. Contact Colleen at 819-835-9922 for further information.

AYER'S CLIFF

January is Alzheimer Awareness Month. The Massawippi Valley Health Centre (CSVM) will hold a workshop in English on January 30 from 1:30 p.m. to 3:30 p.m. at 1082 Main Street, Ayer's Cliff (entrance from behind). This workshop discusses the services offered by the Alzheimer Society Estrie. This will be followed by an introduction to the disease, the impacts and the myths surrounding the disease; and how to facilitate communication with an affected person. Price: \$10 for CSVM members, \$20 for non-members. Limited places. Registration by January 27, email information@csvm.ca or by phone 819-838-1082.

LENNOXVILLE

10th annual (and final) Bravehearts End Game benefit dance for Relay for Life on Saturday, February 8, 9 p.m., at the A.N.A.F. "Hut," 300 St. Francis, Lennoxville. Music by Slightly Haggard. Admission \$10. Door prizes. Info: 819-837-2363 or janet@macelreavy.com

NORTH HATLEY

Do you wish to know more about navigating our health care system when you have a health issue? The Age Friendly Municipality (MADA) Committee of the Village of North Hatley will be hosting its first 2020 Afternoon Tea and Talk on Tuesday, January 28 at 2 p.m. at the North Hatley Community Centre (3127 Capelton Road). On this special occasion the committee will be welcoming two special guest speakers from the CIUSSS de l'Estrie - CHUS: Mr. Jonathan Keays (Coordinator of General Health Services) and Ms. Isabelle Parent (Social Worker, General Direction of Psychosocial Services). Everyone is welcome to join us and learn more about this very important topic. Coffee, tea and afternoon treats will be served, and admission is free. Transport is available for area residents who require it (819-842-2754).

LENNOXVILLE

The Ladies Auxiliary, A.N.A.F. Unit 318, will resume their Military Whist parties on January 15 at the Hut, 300 St. Francis Street, Lennoxville. For more information call Judy at 819-837-2973.

The joy of comparing

Dear Annie

TUESDAY, JANUARY 14, 2020

Dear Annie: I read your column daily and always like your tough love and sensible advice. I'm interested in what your advice would be in the following situation. It involves gift giving at Christmas for nieces and nephews. My daughter does not feel that her brother gave as much to her sons as she did to his daughter and two stepchildren. She feels she was far more generous than he was. I understand that this is not my problem but am curious about what your advice would be to her. Expense is not an issue. Also, my son's wife does not involve herself in shopping for gifts for his nephews. It may be that men just shop differently than women. - Dreading Next Christmas

Dear Dreading Next Christmas: I think that if your daughter is going to get out the abacus and compare receipts, she and your son ought to just skip buying presents for each other's children next year. Instead, the children could do a secret Santa among themselves - crafting gifts or using allowance money to buy small items, depending on their ages - so that they might learn the joy of giving.

Dear Annie: I have an 88-year-old friend who can't hear and refuses to get tested for a hearing aid. I have talked with her many times about this situation, but she either makes excuses about her hearing problem or gets angry and refuses to discuss the issue. She just smiles and nods when people try to talk to her or tells them she can't understand them. Talking on the phone with her

is impossible. And her hearing problem has gotten her into trouble when she's at appointments with doctors, as she sometimes misses what they tell her.

The cost is not an issue, because she could easily afford hearing aids, and I have offered to drive her to any appointments. You cannot have a conversation with her, and she is becoming more isolated and distracted in her interactions with others. I am losing patience with her. Help! - Frustrated Friend

Dear Frustrated Friend: Denial can be a dangerous coping mechanism, but it's a coping mechanism nonetheless - so your friend will cling to it until she's ready to let go. Continue encouraging her to get her hearing tested, and even suggest getting your own hearing checked at the same time. If she were to feel less singled out, she might feel less defensive and more open to the idea. There are some rudimentary hearing tests available online. You could pull one up on your phone, tablet or computer the next time you're together. These online tests are no substitute for medical attention, of course, but might be a good first step to get her moving in the right direction.

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

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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PREVIOUS SOLUTION

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

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

† When you can't breathe, nothing else matters!

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CELEBRITY CIPHER

by Luis Campos

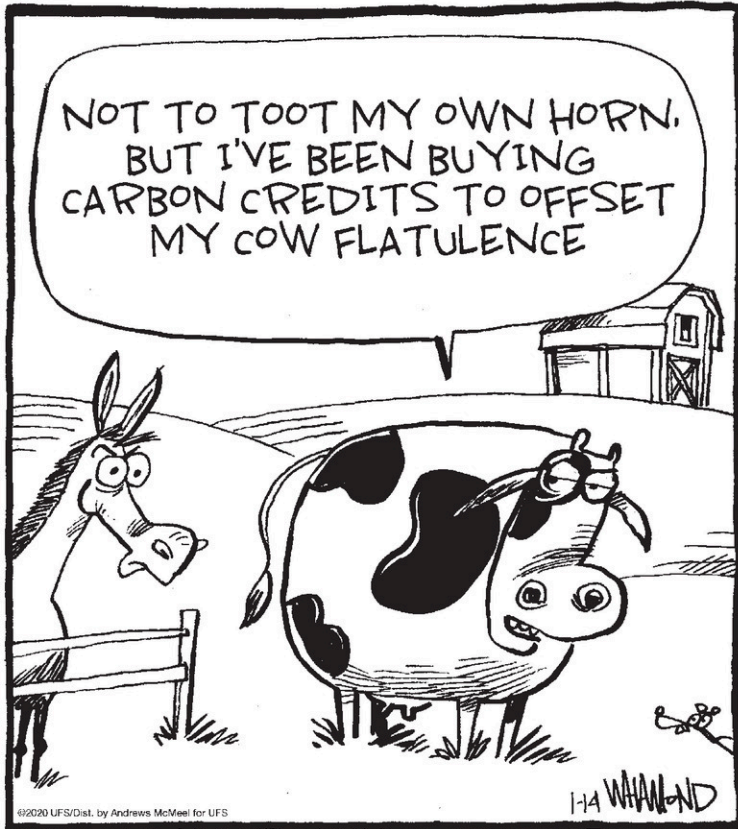
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" E ZVX 'B BREXO MVF URVFAZ
NESK IYIM MVFC XILK IXZ WIDK BV
UVLKBREXN MVF ZVX 'B TKA EKSK 100
-JKCDKXB EX." - DAIFZEI UDREWWKC

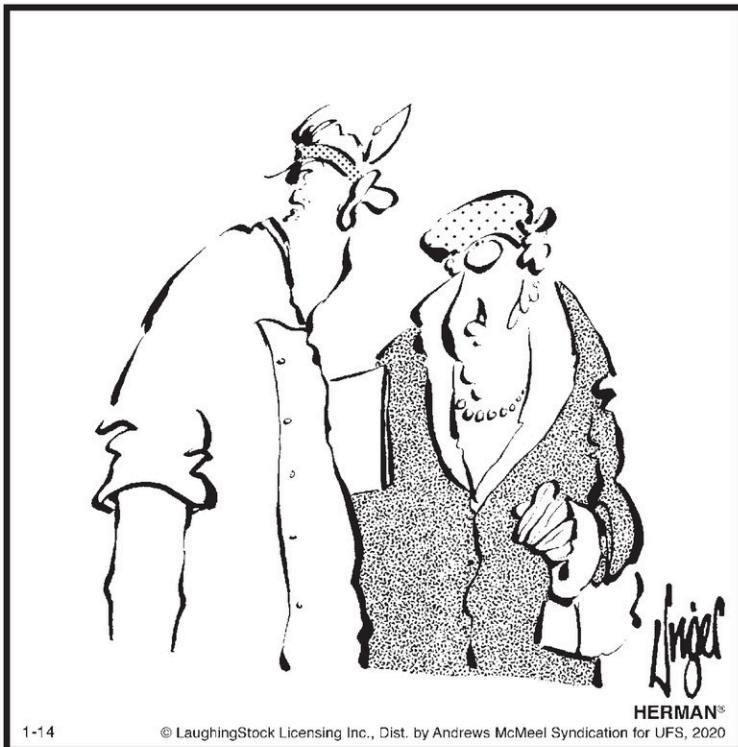
Previous Solution: "Fashion is what you're offered four times a year by designers. And style is what you choose." — Lauren Hutton

TODAY'S CLUE: M sjnabz A

REALITY CHECK



HERMAN



"I think we had much nicer diseases when I was a girl."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



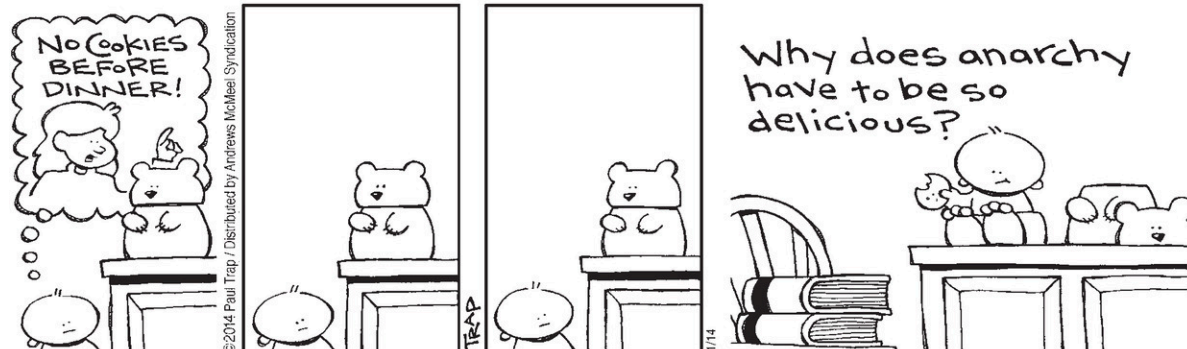
FRANK AND ERNEST



GRIZZWELLS



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Coaticook area Senior Citizen's Club

The Seniors Christmas luncheon was held on December 12, 2019. Penny Fowler and Shirley Desruisseaux welcomed everyone. They thanked the kitchen staff for having us throughout the year. Small gifts were given to be shared by all of them. Micheline Michaud also welcomed everyone.

No formal meeting was held. Arriving members were greeted by music provided by the members of 'Musique en fête.' A fruit punch was also available to all.

Members having their birthday this month were Richard Fowler and Ruth Charleau. We all sang happy birthday with the music in the background. Ruth Charleau said Grace before the meal.

Participation prizes were won by Jacqueline Marchesseault and Mike Chan. Lots of door prize this month. The winners were Mary Lessard, Jaqueline Marchesseault, Kathy Cloutier, Julie Champagne, Patricia Bryant, Edward Bryant, Ernie Wintle, Lise Lafond, Mike Chan, Scott Kirby, Penny Fowler, Betty Haskell, Tony

Walker, Lucie Marchesseault, Janet Bolton, Buddy Babbin, Ovila Lessard, Ketha Woodman, Yolande Ferron.

The raffle winners were Janet Shepherd (Christmas table decoration) and Betty Haskell (wreath).

A collection for money and many items for the food basket will be given to a family this year. Many thanks to everyone for contributing.

Our next meeting will be at the Elie Carrier Center on January 21, 2020 and the meal will be meat loaf. As usual, someone will be calling you to confirm your participation.

Submitted by
Penny Fowler, President
Suzanne Martin, Secretary



Military Whist played at St. Anne's

Weather is always a challenge in January but on Thursday evening, January 9, thirteen tables of players turned out at St. Anne's Church Hall, Richmond, to enjoy Military Whist. After the correct number of players got assembled and announcements made, play got underway, followed by everyone eagerly heading to the refreshment tables.

The first place table with 25 flags was that of Ian & Shirley Smith, Francis Saffin & Clifford Lancaster. Closely following with 24 flags was the table of Wendy Ridley, Denis Beaudet, Patrick Redburn & Mr. Dummy. Patsy Biggs, Ghyslaine Redburn, Collette Pageau & Vera Hughes earned low score of the evening. Four

people held four two's in a hand and with the cut of the cards, the prize went to Norma Morin. Carol Nixon held four kings in a hand to earn a prize unopposed.

Door prizes were awarded to Debbie Knowles, Loretta Irwin, Donna Ham, Carol Boisvert, Thelma Day, Carol Nixon, Collette Pageau, Marc Banfill, Allie VanderWal, Noel Gregoire, Patrick Redburn, Sara Fowler, Shannon Brock, Patsy Biggs, Shirley Patterson, Wendy Ridley, Lise Boisvert, Melodie Pariseau, Matty Banfill, Charlie Hodge, Annie Day, Shirley Noble and Bob Dunn. The grocery box was earned by Matty Banfill.

Several people brought along groceries and prizes to contribute to the evening, which was greatly appre-

ciated. There was lots of help to clean up after, also so gratefully received. Thanks so much to all those who helped in any way.

We are pleased to announce that the next Military Whist card party will be held on Thursday, February 14 at 7:30 p.m. Contact Elizabeth to reserve a table. We are also holding a Valentine Tea on Saturday, February 15 from 2 till 3 p.m. There will be food and bazaar tables opening at 1:30 p.m. Please come out and enjoy both events.

Submitted by
Loretta Irwin and Jean Storry

Dress up your banana bread with nuts, spices or chocolate

By America'S Test Kitchen

One of the best ways to serve banana bread is with toasted nuts. Toasting nuts in the oven makes them taste better. Spread the nuts out on a rimmed baking sheet and heat the nuts in a 350 F oven until you can smell them, which takes about 5 minutes. Once the nuts cool, chop and stir them into the batter for any cake, cookie, muffin or quick bread. Follow this recipe with your kids.

BANANA BREAD

Servings: 10

Start to finish: 1 hour 15 minutes, plus cooling time

Prepare Ingredients:

Vegetable oil spray
2 cups all-purpose flour
3/4 teaspoon baking soda
1/2 teaspoon salt
3 very ripe bananas (skins should be speckled black)
3/4 cup sugar
2 large eggs
6 tablespoons unsalted butter, melted and cooled
1/4 cup plain yogurt
1 teaspoon vanilla extract
Gather Cooking Equipment

8 1/2-by-4 1/2-inch metal loaf pan
2 bowls (1 medium, 1 large)

Whisk
Large fork or potato masher
Rubber spatula
Toothpick
Oven mitts
Cooling rack
Cutting board
Chef's knife
Start Cooking!

Adjust oven rack to middle position and heat oven to 350 F. Spray bottom and sides of 8 1/2-by-4 1/2-inch metal loaf pan with vegetable oil spray.

In medium bowl, whisk together flour, baking soda, and salt.

Peel bananas and place in large bowl. Use large fork or potato masher to mash bananas until broken down but still chunky.

Add sugar, eggs, melted butter, yogurt, and vanilla to bowl with bananas and whisk until combined.

Add flour mixture and use rubber spatula to gently stir until just combined and no dry flour is visible. Do not overmix; batter should look thick and chunky. Use rubber spatula to scrape batter into greased loaf pan and smooth top.

Place loaf pan in oven. Bake until banana bread is

golden brown and toothpick inserted in centre comes out clean, about 55 minutes.

Use oven mitts to remove banana bread from oven (ask an adult for help). Place loaf pan on cooling rack and let banana bread cool in pan for 15 minutes.

Use oven mitts to carefully turn loaf pan on its side and remove banana bread from pan. Let banana bread cool on cooling rack for at least 1 hour. Transfer to cutting board, slice, and serve.

Make It Your Way

Dress up banana bread with nuts, spices, citrus zest, or chocolate.

- Nutty Banana Bread

Stir 1/2 cup walnuts, toasted and chopped, into batter along with flour mixture.

- Chocolate Chip Banana Bread

Stir 1/2 cup mini chocolate chips into batter along with flour mixture.

Nutrition information per serving: 260 calories; 74 calories from fat; 8 g fat (5 g saturated; 0 g trans fats); 62 mg cholesterol; 228 mg sodium; 43 g carbohydrate; 2 g fiber; 20 g sugar; 4 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Banana Bread in "Complete Cookbook for Young Chefs."

(The Associated Press)

NEA Crossword Puzzle

Your Birthday

TUESDAY, JANUARY 14, 2020

what you want and what you are willing to give up in order to reach your objective. Charm will help you gain support, but action will be what leads to your success.

CANCER (June 21-July 22) – Listen to others' advice and use it to your advantage. Dedication and discipline will pay off and bring about positive change at home and work, as well as in meaningful relationships.

LEO (July 23-Aug. 22) – Learn from experience, especially when handling money matters. Pursue your dreams by putting in time and effort. Trying to buy your way into something won't be satisfying or stable.

VIRGO (Aug. 23-Sept. 22) – Consider what everyone around you wants, and distinguish what's reasonable and what isn't. A change in the dynamics of your relationships with others will be necessary.

LIBRA (Sept. 23-Oct. 23) – Refuse to let anyone railroad you into something that isn't right for you. Concentrate on personal gain and satisfaction. A moneymaking deal will shape your future. Reluctance will be the enemy.

SCORPIO (Oct. 24-Nov. 22) – Be careful when it comes to your health, personal relationships and how you make changes. Impulsive action will be the enemy. Slow down and make sound decisions.

SAGITTARIUS (Nov. 23-Dec. 21) – Keep moving forward. Your actions will far exceed your words. Stick to the truth, don't believe everything you hear and strive for personal perfection. Romance is on the rise.

Take a walk down memory lane and evaluate your past, present and future pursuits. A positive change is within reach if you put in the time and take care of the necessary details yourself. Your plans for a meaningful relationship will have a positive impact on your life.

CAPRICORN (Dec. 22-Jan. 19) – Seek out information that will help you make a decision. A personal change will encourage you to pursue a new direction, partnership or lifestyle. Romance is in the stars.

AQUARIUS (Jan. 20-Feb. 19) – Stay informed and ask questions. Address emotional situations with kindness, compassion and solutions. Home improvements will allow you to expand a plan that will bring in extra cash and ease stress.

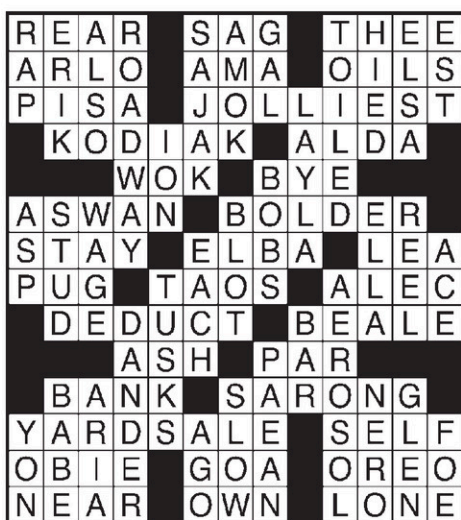
PISCES (Feb. 20-March 20) – Concentrate on what you can accomplish. Distance yourself from individuals who meddle or cause havoc. Consider a business partnership with someone who can add value to a project you are pursuing.

ARIES (March 21-April 19) – Take action. Look at what needs to be done and finish what you start. Equality will be necessary. Set rules and live up to your promises. Romance is encouraged.

TAURUS (April 20-May 20) – Dig in and don't stop until you are satisfied with what you have done. The way you approach life, learning and love will affect how others treat you.

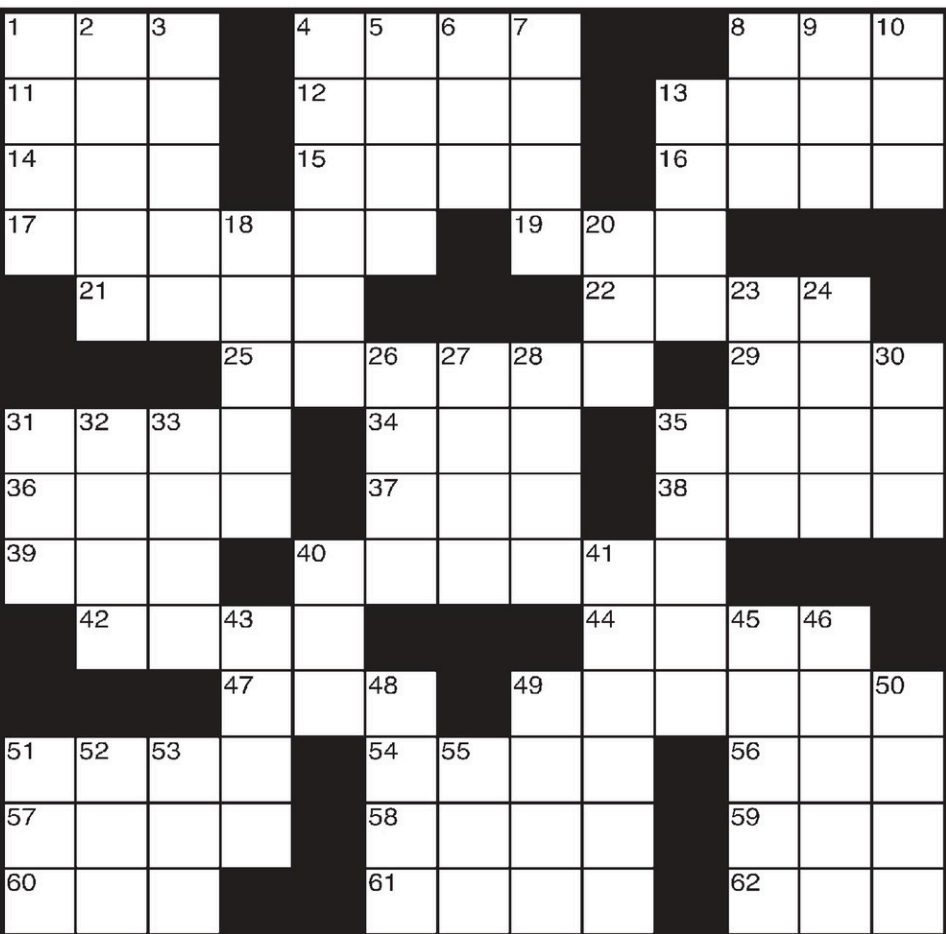
GEMINI (May 21-June 20) – Consider

Answer to Previous Puzzle



- ACROSS**
- 1 Flower-to-be
 - 4 PC owner
 - 8 Jungfrau
 - 11 Tempe inst.
 - 12 Wander
 - 13 Small combo
 - 14 Sweet roll
 - 15 Helm position
 - 16 Busy place
 - 17 Esoteric
 - 19 Southern st.
 - 21 Cuzco locale
 - 22 Apron tops
 - 25 Coveted awards
 - 29 Drag along
 - 31 Work units
 - 34 Zoologists' mouths
 - 35 Lawman Wyatt —
 - 36 Leafy green
 - 37 Resin
 - 38 One-time Queens ballpark
 - 39 Id companion
 - 40 Politician pickers
- 42 Ms. Watson**
- 44 Bumlbers
 - 47 Ms. Hagen
 - 49 Happy
 - 51 Pith
 - 54 Water-filled trench
 - 56 "Yecch!"
 - 57 Yen
 - 58 Sea eagle
 - 59 Philosopher — -tzu
 - 60 Even so
 - 61 More than want
 - 62 No-seats sign
- DOWN**
- 1 Ali —
 - 2 Seize the throne
 - 3 Dummy
 - 4 Planet next to Saturn
 - 5 Foot part
 - 6 Festive night
 - 7 Coral habitat
 - 8 "Exodus" character
 - 9 54, to Flavius

- 10 "The Tell-Tale Heart" penner
- 13 Bangkok native
- 18 Developed
- 20 Flour sack abbr.
- 23 Lacking vivacity
- 24 Confident
- 26 Nebr. neighbor
- 27 Smell — —
- 28 Speedway competition
- 30 College stat
- 31 Make ends meet
- 32 Frenzy
- 33 Latch onto
- 35 Piece of prose
- 40 Tank
- 41 Cheered
- 43 Type of swan
- 45 Referees' calls
- 46 Coffee additive
- 48 Revival shout
- 49 Miss Marple of whodunits
- 50 Wave away
- 51 Mr. Lombardo
- 52 Eur. country
- 53 PFC boss
- 55 Bauxite or galena



TUESDAY, JANUARY 14, 2020

Count winners and analyze options

By Phillip Alder

Alexis Carrel, who was a French surgeon and biologist awarded the Nobel Prize in Physiology or Medicine in 1912 for pioneering vascular suturing techniques, said, "All great men are gifted with intuition. They know, without reasoning or analysis, what they need to know."

Many great bridge players know, without reasoning or analysis, what they need to do. They can "feel" where the missing cards are located. But for most of us, we should count winners and losers, and analyze the various possible lines of play.

In today's deal, South is in three no-trump. West leads a fourth-highest heart six; East wins with the ace and returns the heart eight. What should declarer do now?

With a long minor, no singleton, no void and no thoughts about a slam, raise one no-trump to three no-trump.

South starts with seven top tricks: three spades, one heart (given the first trick), two diamonds and one club. If the diamond queen is singleton or doubleton, there are overtricks in declarer's future. But what if East has queen-third or -fourth? That doesn't look troubling, but South must be careful.

Suppose he finesses the heart jack at trick two. Here, West might shift to a

North 01-14-20			
♠	A 7		
♥	9 4 2		
♦	A K 9 8 5 2		
♣	6 2		
West		East	
♠	8 5 2	♠	10 9 6 4 3
♥	Q 10 7 6 3	♥	A 8
♦	7	♦	Q 6 3
♣	K 10 8 5	♣	Q 7 4
South			
♠ K Q J			
♥ K J 5			
♦ J 10 4			
♣ A J 9 3			
Dealer: South			
Vulnerable: Both			
South	West	North	East
1NT	Pass	3NT	All Pass
Opening lead: ♥ 6			

low club at trick three, setting up five tricks for the defenders: two hearts, one diamond and two clubs.

What happens if South wins the second trick and runs the diamond jack?

Then the contract is safe. If East wins with the diamond queen and can return another heart, declarer will lose only three hearts and one diamond. Here, East will take the diamond and shift to a low club, but South wins with his ace and claims an overtrick.