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THURSDAY, JANUARY 12, 2023

Ascot-Lennox preservation group celebrates achievements; lays out new goals

By Lawrence Belanger
Local Journalism Initiative

For the last few years, a group of citizens in the Lennoxville and Ascot regions of Sherbrooke have been coalescing around a goal: preserve the woodland between their neighbourhoods from development and pollution. Mathieu Vinette, President of the Citizens Association for the Protection and Enhancement of the Boisé Ascot-Lennox (APVBAL), presented the group's achievements in 2022 to a room full of citizens from the nearby properties, users of the forest, and other interested locals at the Lennoxville Golf Club.

After first forming in 2021, the group's organizational structure and specific vision beyond "stopping development" came into focus over the last year. Last January, the group was introduced to the concept of a "Social Utility Trust". The following March,

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A big show of support for Sherbrooke rubber production plant



GORDON LAMBIE

Marie-Claude Bibeau, Member of Parliament for Compton Stanstead and Minister of Agriculture and Agri-Food; Jasmin Villeneuve, General Manager of the Soucy Group; Rais Kibonge, Deputy Mayor of Sherbrooke; and André Bachand, Member of the National Assembly for Richmond at Wednesday's announcement

By Gordon Lambie

The Sherbrooke facilities of rubber production company Soucy Techno will be getting an overhaul over the next two to three

years thanks to \$12 million in financial assistance from the provincial and federal governments announced on Wednesday morning. The support will enable the business to acquire specialized equipment, including a

new rubber mixing line; expand its existing building; and increase the capacity of its electrical room.

Soucy Techno is a subsidiary of the Soucy Group, which is based in

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TODAY:
CLOUDY

HIGH -1
LOW -7



FRIDAY:
RAIN

HIGH 7
LOW -7



SATURDAY:
CLOUDY

HIGH -5
LOW -13



SUNDAY:
SUNNY

HIGH -9
LOW -14



MONDAY:
A MIX OF SUN
AND CLOUD

HIGH -3
LOW -9

Does what happens in a church pew stay in a church pew?



LINDA KNIGHT SECCASPINA

This morning as I attended Wednesday morning breakfast at St. James, I looked at two names, E. Virtue and C. Mull, that were crudely scratched into the top of a pew. I had seen these faded names hundreds of times throughout the years but I never really gave it much thought.

Who were E. Virtue and C. Mull? I asked myself.

What were their stories?

Did they use a geometry protractor as their artistic weapon?

It reminded me of my days being a nuisance in a church pew until my mother and grandmother decided I should join the church choir. You see, as a child, I didn't have much use for a church congregation. My grandmother, on the other hand, had every use for it, and I was going to be part of it.

My late mother who was tone deaf, like myself, thought I was born to sing like Deanna Durbin. Every week Reverend Brown would choose a soloist and my mother suggested to him one too many times that I participate. Finally exhausted by her phone calls he agreed to let me have the next solo.

Sunday came way too fast and standing in front of the choir I began to sing the first verses of "Lead Me Lord". There were no "bravos" in the congregation while I sang, and by verse three people were covering their mouths with their handkerchiefs. At the end of the hymn fellow school classmate Dickie Miner in the front pew broke out into a fit of laughter and fell off his seat.

I went back to the church pew and saw Reverend Brown look down at me through his bifocals in bewilderment. Miss Smith, the spinster church organist, stamped on the organ pedals and rolled into the next hymn at a death-defying volume. My musical career ended after that, but my mother kept saying it was fine, as she insisted they had stand-in-singers for Joan Crawford. I often wondered if people remembered the caterwauling that came out of me that day and actually gave it a second thought years later.

Of course, the stories from the church pews didn't end there...

My grandmother once gossiped about quite a prankster in the good town of Cowansville. Trying to become a good Samaritan and rack up those brownie points, he offered to help one of his friends pump the organ one Sunday at Trinity Anglican Church. In those days the organ was pumped by hand, as the electric motor was not in use then.

After the kind offer was accepted, the do-gooder began to sprinkle sneezing powder in and around the organ. As the organ began to play the first hymn the powder began to waft through the air. First the choir began to sneeze, then the minister, and finally the congregation joined in. No mention of what kind of punishment our local

lad got when he got home- or if it was from a higher power.

My grandmother also repeated a story about a man that spent most of his days in the rotunda of the Cowansville Hotel. The gentleman had an artificial appendage, which in those days was nothing but a wooden leg.

The man loved to whittle, and folks loved to watch him. One Sunday, busy on the steps of the church, one of his whittling projects became unsuccessful. While folks were entering for Sunday service he crossed his legs, uttered some type of expression and drove the knife a couple of inches into his wooden leg. The knife was sticking straight up into the air and an elderly woman who was just entering the front doors screamed and fell into a heap.

The minister who heard the thump came out running and asked what was wrong. The whittler looked at him with deadpan eyes and said innocently.

"Heck if I know!"

As I looked at the two names again on the pews, I imagined the children that carved their names on the pew had to be between 10 and 12. I assume their parents caught them and punishment was either the woodshed or sitting in the corner with a bar of soap between their teeth. Needless to say, the families probably remembered the event each time they sat in that very pew. Of course, there was always the thought that maybe their parents committed "the crime of the century" and changed pews so as not to be reminded of their children's misdeeds.

I love telling stories, but unlike my grandmother I never gossip. I observe, I remember and then relay my memories to practically everyone! See you next week!



WETLANDS ARE DISAPPEARING

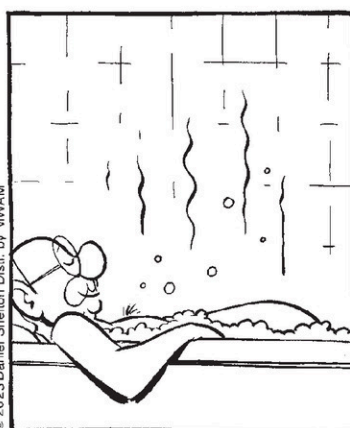
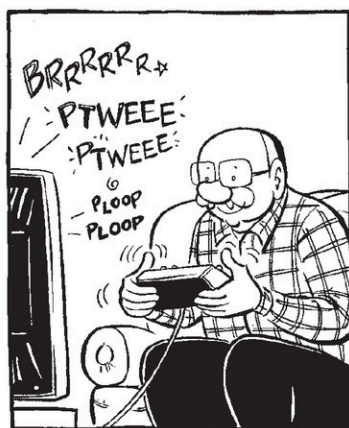
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Ben by Daniel Shelton



Sherbrooke rubber

CONT'D FROM PAGE 1

Drummondville but has facilities around the world.

Jasmin Villeneuve, General Manager of the Soucy Group, explained that Soucy Techno is focused on the production of a base mixture that can then be used by a variety of other rubber products.

"You can think of it like Soucy Techno making cake batter and our other companies or other clients cook that batter along with other ingredients," Villeneuve said.

The General Manager said that at the moment the Sherbrooke facility has two production lines, one that produces black rubber mix and the other that is used for coloured mixtures. The new funding will allow for the installation of a third line over the next 24 to 36 months, giving the company the freedom to increase production by as much as 50 per cent between now and 2027.

Although the Soucy Group has a number of different facilities across Quebec, Villeneuve said that the government funding, as well as investments from the company that bring the total to \$15 million, will be fully devoted to work on the Sherbrooke

site.

The Government of Canada is granting a repayable contribution of \$2 million under Canada Economic Development's (CED) Regional Economic Growth through Innovation program. Marie-Claude Bibeau, Member of Parliament for Compton Stanstead and Minister of Agriculture and Agri-Food, made the announcement on behalf of Pascale St-Onge, Member of Parliament for Brome Missisquoi, Minister of Sport and Minister responsible for CED.

"It is important for our government to support small and medium businesses in concrete ways on a regular basis," Bibeau said, underlining the importance of having businesses like Soucy stay in the region. The Minister of Agriculture also noted that a large part of Soucy Techno's production is directed at the manufacture of caterpillar tracks, hosing, seals, pipe coverings, and wear-resistant parts that serve the agricultural sector.

André Bachand, Member of the National Assembly for Richmond, was on hand to announce the provincial government's support, which comes in the form of a \$5 million loan through



GORDON LAMBIE

Jasmin Villeneuve

the ESSOR program, managed by Investissement Québec. An equivalent loan is also being provided through Investissement Québec's capital funds under the Productivité innovation initiative, for a total of \$10 million.

"Thanks to this investment, Soucy

Techno will reinforce its position in the market and respond even better to its clients' requests as they grow," Bachand said. "I salute the spirit of innovation of this flagship business, whose success is felt throughout the region and across Quebec."

Ascot-Lennox preservation group

CONT'D FROM PAGE 1

APVBAL officially registered as a Non-profit Organization (NPO), as they formed a more stable organizational structure with official roles and positions, enabling them to apply for various grants. Additionally, that same month, the group held discussions with the Waban-Aki nation regarding their stake in the forest and expressed interest in working together. The group held their first NPO assembly in May and developed a portfolio of potential funding streams for the purchase of land.

In April, the association launched its first crowdfunding campaign on Gofund.me, which is still live online. In October, an application to the Quebec Wildlife Foundation's (FFQ) "Acting for Wildlife" program was submitted. The group is seeking \$30,000 from the FFQ for the development of a detailed conservation plan for the woods. Finally, in November, the group purchased its first plot of land in the forest.

The group has big goals moving forward. In January of last year, APVBAL, along with Sherbrooke officials, met with Nature Canton-de-l'Est, which introduced them to the concept of the Social Utility Trust (FUS). According to Vinette, "among all available legal vehicles [for the protection of land]," a social utility trust offers "the best guarantee of sustainability," because as a general rule, only a court can alter the rules of governance or change its "vocation." According to the Canada Mortgage and Housing Corporation, an FUS is "a Quebec-specific instrument," equivalent to land trusts used in the rest of Canada.

An FUS is "devoted to a vocation

whose benefit is collective," according to Vinette, and no person or entity owns it. In the case of the BAL, the association is looking to have the vocation revolve around the conservation of ecosystems and biodiversity. Additional components would include access to the woods for nature observation/education and outdoor activities. In 2023, the Association aims to continue its conservation strategy and hopes to receive the grant from the FFQ and begin detailing its conservation plan, while also reaching out to the landowners in the BAL.

Ten owners own 60 per cent of the forest, while the rest is mostly small lots. According to group treasurer Alexandre Séguin-Désy, there is serious concern that these owners won't want to sell, or won't want to sell to conservationists. "This is where we need to find a balance with the city and the rules," explained Séguin-Désy. While their group will inevitably put pressure on these landowners to sell, he acknowledges that they likely won't be able to preserve the entirety of the woods. "It's a free market," said Désy, but he felt as an organization and the power of the citizen, "we will be able to make a really nice project".

Séguin-Désy, a school teacher at the Ecole du Phare, which borders the forest, spoke to the personal impact that the lack of protections for the forest has on his students, which use the forest for school. "It really alarmed me because I've seen forests fading away," he said. His students use the forest for hiking, but also for educational excursions to observe wildlife or learn about nature up close. If it disappears or shrinks



LAWRENCE BELANGER

drastically in size, his students will lose this learning opportunity.

In attendance at the meeting were Lennoxville's borough president Claude Charron, councillors Jennifer Garfat, and Guillaume Lirette-Gélinas, as well as Sherbrooke City Councillor, Geneviève La Roche, Ascot district.

La Roche, who was a founder of the group before running for election, campaigned in part on a specific proposal, complete with theoretical maps and trails. Although she stresses that it was a preliminary map, and far from the final iteration, it is nonetheless an important way to visualize the wood's ecological and recreational potential.

Most attendees spoke positively about the goal of preserving the woods from preservation, having either been members of the group already or just being interested residents. However, one person in attendance voiced concern about APVBAL turning the woods into something a place where "you have to park your cars," and worried that a more official structure would change access and impose rules.

(APVBAL states that its vision is to protect the Boisé Ascot-Lennox with "low environmental impact" for Sherbrooke's citizens. Vinette also responded to the comment, stating that "the idea is to give access to the citizens but 'officially', with minimal impact on the forest.)

By the end of the year, the association is seeking to reach the status of a "Recognized NPO" by the City of Sherbrooke, affording them greater access to local resources and information. Other goals in the coming year include stronger public relations, as many potential supporters aren't well aware of the group's existence or intentions, or that the woods even have a name (neither Google Maps nor the City of Sherbrooke's online map label the forest as anything besides plots of land).

Residents interested in joining the conservation effort can join the group online through the Facebook group "Boisé Ascot-Lennox: Association pour sa protection et sa valorisation," or reach out to them at boiseascotlennox@gmail.com.

Quebec games team to hold free night run

By Gordon Lambie

The organizing committee for the finals of the 2024 Quebec Games, which will be held in Sherbrooke, has announced that they will be holding a free night run for members of the local community this coming Feb. 25.

"We wanted a public event to recognize being one year away from the finals," said Jocelyn Proulx, Executive Director of the 58th finals of the Quebec Games, explaining that since one of the main goals of the games is the promotion of healthy living, an activity that gets people out and moving seemed like the best way to go.

Although winter is not generally seen as the height of running season, Proulx said that everything is being done to try to ensure the event is safe, fun, and accessible to as many people as possible.

The plan is for the event to take place on the bike paths and the promenade of Lac-des-Nations in Sherbrooke. These routes will be illuminated by

various coloured lights in order to give them a festive feel. There will be a mix of distances to run or walk, including 10 km, 6 km and 1.5 km, the last of which is considered to be the family-friendly option. Depending on the route chosen, the meeting point will be rue Marcil or the Marché de la Gare at varying times. The start of the races will be between 7 p.m. and 7:45 p.m. and a shuttle service will be made available to participants.

"We wanted to come up with an original idea," Proulx said, when asked what inspired the idea of a winter run. Although he told The Record that this will be the first such event that the organising committee has put together, he said that they are counting on the support of partners such as the City of Sherbrooke to help ensure that the space is ready and that no matters have been left to the side.

On the subject of partnerships, the executive director also pointed out that the event will have no registration fee thanks to the participation of Desjardins, which goes a long way toward the goal of making this run

something everyone can participate in. Proulx said that other partnerships have paved the way for more exciting opportunities and giveaways, such as free hot chocolate, snacks, and juice, as well as a plan to give the first 250 adults who sign up a tuque with a built-in LED light, and all participating children a glowstick.

There was no information available as to how many of those initial registrations were already accounted for at the time of the interview.

The run will also be a part of the programming for Sherbrooke's winter carnival, and the finish line will bring participants right onto the Carnival site at Jacques Cartier Park.

Proulx said that there is no limit on the number of people who can participate, but he did say that it would be helpful for people who want to run or walk to register in advance online at <https://sherbrooke2024.jeuxduquebec.com/course-lumineuse-des-jeux-du-quebec/>. It is, however, also possible to participate simply by showing up on Feb. 25 at the right time.

"It is very important for us that it be

free," the organizer affirmed.

Looking ahead to the 58th finals of the Quebec Games, which are set to take place from March 1 to 9, 2024, Proulx said that preparation and planning are both going very well.

"We will be sending a delegation to Riviere du Loup in March," he said, referring to the host city of this year's edition of the multidisciplinary sports competition.

The 2024 edition will be Sherbrooke's first time hosting the winter final, although the city has hosted the summer version of the events before in 1977 and 1995.

Over the course of the games, the organising committee expects to call upon the help of over 3,000 volunteers from across the community, and they are also in the process of fundraising, with a goal of \$1.2 million.

Proulx did not say exactly how well that fundraising goal is going to date, although he made a point of sharing that Sherbrooke's business community is really getting into the spirit of the games.

"It is going well," he said.

Provinces look to cleanse storerooms of expired hand sanitizer sent by Ottawa

By Kelly Geraldine Malone
The Canadian Press

Provinces are awash with expired hand sanitizer that Ottawa sent during the height of the COVID-19 pandemic.

The federal government spent \$376 million on more than 20 million litres of hand sanitizer, which the Public Health Agency of Canada distributed throughout the pandemic.

But now, most provinces have excess expired sanitizer and getting rid of it through disposal or repurposing comes with a hefty cost.

Saskatchewan is expecting to spend more than \$100,000 to get rid of more than 350,000 litres of hand sanitizer that's sitting in a Regina warehouse. Manitoba spent more than \$462,000 to repurpose its nearly 734,000 litres.

An email from the Saskatchewan Health Authority, which recently issued a public tender to dispose of the sanitizer, said the department appreciated the shipment from the Public Health Agency of Canada.

However, authority spokesperson James Winkel said it was able to source a more effective sanitizer supply on its own.

Saskatchewan Opposition NDP Leader Carla Beck said provincial governments should have considered distributing the excess sanitizer to other organizations.

"Instead of allowing a warehouse of hand sanitizer to sit unused and expire in the middle of a public health crisis, the Saskatchewan Party government should have considered distributing it to non-profits, community organizations and others who were running short of supplies,"

Beck said in an emailed statement.

Manitoba officials said that province, too, had excess because it received hand sanitizer from the federal government, but had procured its own.

That province said repurposing hand sanitizer is roughly one-third the cost of disposal. During repurposing, a chemical company extracts the separate chemicals out of the hand sanitizer to reuse them.

Prince Edward Island spent about \$60,000 to dispose of about 48,500 litres of expired hand sanitizer last year.

Quebec and Nova Scotia are looking at options to get rid of their expired hand sanitizer, but officials did not say how much it was expected to cost.


New Brunswick's expired sanitizer was repurposed by a local vendor that converts alcohol products into biofuel.

"It's a cost-efficient way to dispose of these materials, while reducing our environmental impacts," Adam Bowie, a government spokesperson, said in an email.

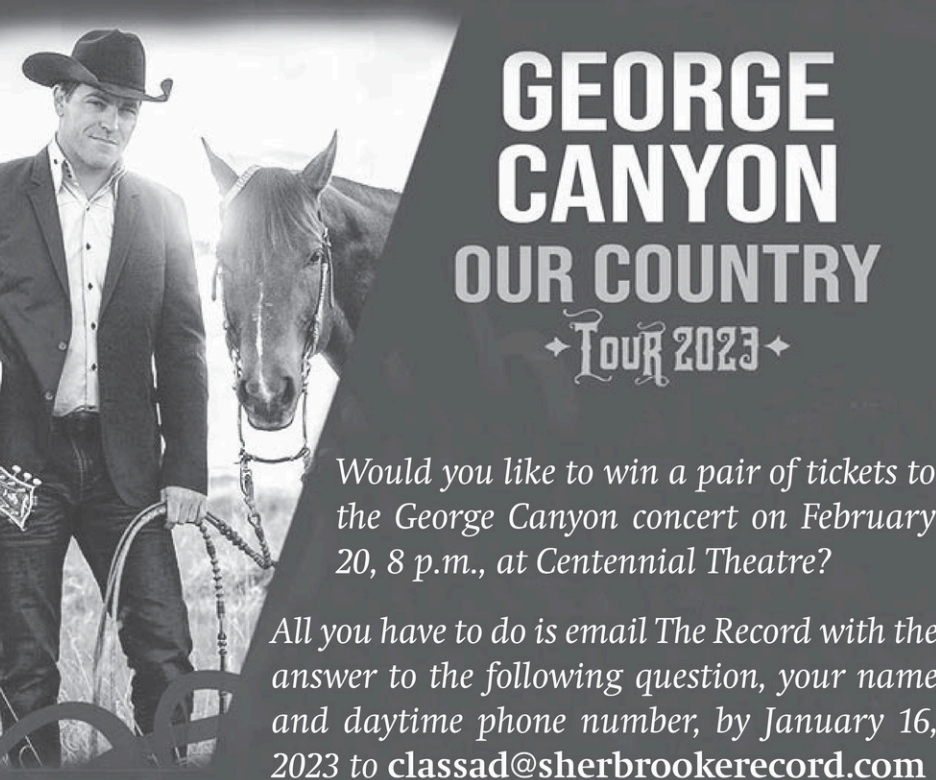
Not every region was left with expired hand sanitizer. Nunavut did not procure a large stock of the sanitizer and it said disposal has never been required for the territory.

Ottawa took an aggressive procurement approach at the outset of the pandemic, the Public Services and Procurement Canada website says.

The federal government has spent more than \$11 billion on medical devices and protective equipment since the pandemic began.



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The Border Report

Today, at Sunnyside elementary school, Katie Lowry, the programs director of Phelps Helps, is leading the first Spark session of the month with the Grade 2 class.

When you're thirsty, what do you do?



*When you're thirsty, what do you do?
Where do you get your water from?
Can you be certain the water is safe?*

These are the three questions that get us thinking, and introduce the STEM-based Spark sessions for the Grade 1 to 6 classes in Stanstead this month of January.

Phelps Helps' in-class Spark sessions at the French and English elementary schools in Stanstead were first piloted in the spring of 2021. The impetus for the creation of Spark originated from the needs articulated by elementary school teachers and leaders who described peer-to-peer relationships within the classroom as an obstacle. Instead of a traditional homework program, teachers expressed the need for the development of key life skills, in particular problem-solving, critical thinking and cooperative learning. Teaching through STEM addresses

these needs as well as providing opportunities to foster resilience and creativity. The specific skill-sets a STEM education teaches favour STEM careers which are increasingly classed as the future of the economy.

Today, at Sunnyside elementary school, Katie Lowry, the programs director of Phelps Helps, is leading the first Spark session of the month with the Grade 2 class. This month's Spark subject is water filtration systems: their function, their value, and how we can't take potable water for granted. We look at filtration systems designs and talk about how their regions of the world, and within Canada, where safe drinking water is not a given. The students participate in the discussion, sharing their ideas and asking questions. Their interest is keen and their observations and questions unique and fresh.

Following the presentation, the students are divided into teams and presented with the challenge of



creating their own filtration systems, using recycled plastic bottles to hold the water, and a variety of materials, such as sand, coffee filters, fabric, cotton balls, beads, and more. Not unsurprising for Grade 2 students, their favourite items are the shiny-red, plastic rubies.

The teams gather around the materials table to examine their tools. They return to their desks to talk with each other and draw up a plan. They then return to the table to choose their

materials. Thus, begins the process of building their very own filtration systems.

When the teams have finished, the fruits of their labours, their very own filtration systems, are tested by the Phelps Helps team, the teachers and the students themselves. Each system is analysed, compared with others, and theories are made about how the systems could be improved in the future.

When asked what they thought of the activity, the response was, "Fun!!!" And, "What did you learn?" "I learned you need another (second) filter system (to get cleaner water)." And lastly, "What was your favourite part?" "The rubies."

This same Spark activity is happening over at Jardin des Frontières this January, with Josiane Samson of Phelps Helps at the helm. The students are as keen, constructing their individualized and as inspired water filtration systems.

Our youth are smart and have a fresh way of approaching STEM-based activities; it's impressive to see their designs and hear about their ideas. They are hungry to learn and curious about the world. In partnership with their amazing teachers, Phelps Helps is assisting in our common goal of feeding their hungry brains and empowering them to tap into their natural critical-thinking and engineering abilities.

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support.

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EDITORIAL

When the on-again-off-again replacement debate dragged on, the Trudeau government took a stop-gap measure and picked up a few 'pre-owned' fighters from an Australian car lot to fill in the gap.

The on-again-off-again F35 fighter



TIM BELFORD

So, the Liberal government of Justin Trudeau has decided to purchase a bunch of F-35 fighter jets to replace our aging fleet of combat aircraft. Oddly enough, these are the same aircraft that Prime Minister Selfie said we didn't need, back in 2015 when he decided to scrap a deal that the previous government under Stephen Harper had made with U.S. manufacturers in 2010.

The Harper deal, struck with Lockheed Martin, was estimated to eventually cost the Department of National Defense somewhere between \$4 to 8 billion. The new deal will likely come in at around \$19 billion.

It's not that the CF-18s that served the country so well didn't need replacing. They started arriving at our air bases back in 1982 and with skilful maintenance, an endless supply of spare parts and several thousand rolls of duct tape, continued to protect the country's air space for just short of fifty years. Mind you, using fifty-year old jets in this world of ultra-high tech is much the same as putting armoured plating on a Model T and calling it a tank.

When the on-again-off-again replacement debate dragged on, the Trudeau government took a stop-gap measure and picked up a few 'pre-owned' fighters from an Australian car lot to fill in the gap.

Of course, like everything in today's world, there will be a delivery lag. The 88 F-35s on order will be delivered in dribs and drabs over the next eleven years: 4 in 2026, 6 in 2027 and so on

until the last plane hits the Canadian tarmac in 2034. By then, the process of replacing the CF-18s will have taken a quarter century.

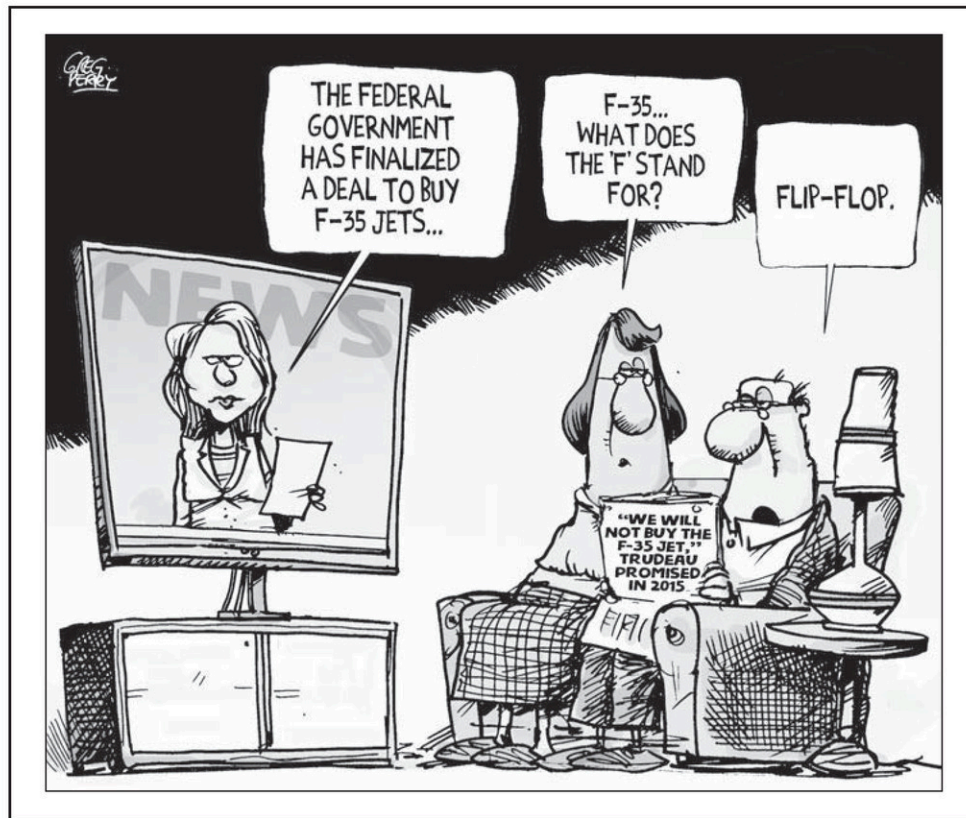
The sad thing is that this kind of stumbling along where the military is concerned is as much a tradition in Canada as the Stanley Cup. As far back as 1866 when a mob of disgruntled Irishmen decided to invade Canada to free Ireland (don't ask it's complicated) we've been woefully unprepared to defend ourselves. Admittedly, with the Fenian invasion, we were still dependent upon Great Britain for our defense but at least it struck a chord and resulted in an increasing interest in the development of militia units throughout the country, including here in the Eastern Townships.

Nevertheless, with the onset of WW I, we still found ourselves scrambling to fulfill our commitment to the 'Mother Country' as she battled the Germans in Europe. Again, in WWII, Canada's young navy found itself in 1939 with just seven or eight fighting ships available for service.

True, we eventually outdid ourselves in both those conflicts sending hundreds of thousands of servicemen and woman over seas where they served with distinction. We built hundreds of ships and airplanes and were a major factor in the Battle of the Atlantic, Vimy Ridge, the liberation of Italy, Belgium, the Netherlands, France and the battle of Britain amongst others: but not through any foresight or preparation.

Today it seems that we are back to square one. We'll be waiting for new jets that we've needed for thirty years, our ice-breaking ability in the far north is nearly non-existent, our army is dwindling and our navy aging. Meanwhile, those responsible for procurement both in the government and the Department of National Defense seem incapable of any action.

To paraphrase an old adage from my navy days, it seems that those in charge are so inefficient and incompetent that they couldn't feed a woodpecker in Sherwood Forest.



Letters

Congratulations to Barbara Hedges for her miniature recreation of the Plymouth-Trinity United Church.

She did an amazing job recreating a miniature building of the Church made out of gingerbread.

This Church is the oldest Church of any denomination in the City of Sherbrooke. Also, interesting is Sir Alexander Galt was a regular attendant of this Church and one of the outstanding Fathers of Confederation. Also, the Hon. Justice Sandborn; who also attended the Church, was one of the first Senators of the Dominion.

Don Martin (former Townshipper)
Melbourne, Ontario

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Former NHL defenceman P.K. Subban set for emotional return to Montreal

By Gemma Karstens-Smith
The Canadian Press

P.K. Subban knows standing at centre ice in Montreal's Bell Centre on Thursday will stir emotions.

Canadiens fans are known for their unbridled passion, and being embraced by them during his seven seasons with the team was something special, said the former NHL defenceman.

"In Montreal, there was never a night off," Subban told The Canadian Press. "You didn't have a choice, because the crowd gave you that energy when you didn't have it, they gave you the belief, maybe, when you didn't believe that you were still in the game.

"They brought the best out of me, more so than any other opponent that I had or anybody that I played against. They held me accountable and they really had my back and supported me. And that's why it gets very emotional for me."

Montreal is set to honour Subban ahead of a game against the Nashville Predators, the team the Habs dealt the blue-liner to in 2016.

The 33-year-old announced in September that he was retiring after 13 NHL seasons with the Canadiens, Predators and New Jersey Devils.

Picked 43rd overall by the Habs in the 2007 entry draft, the six-foot, 210-pound Toronto native registered 115 goals and 467 points over 824 regular-season games. He added another 62 points (18 goals, 44 assists) in 96 playoff appearances and won the Norris Trophy as the league's top defenceman while playing for Montreal in 2013.

Still, Subban was surprised when the Canadiens called saying they wanted to host a tribute.

"It's so exciting to be recognized for the work that you've done," he said. "But I think a big part of that is not just what I did on the ice — which I'm very proud of — but there's a lot of things, the impact that I've had on the ice, that's something that you can hang your hat on."

Giving back has always been important to Subban.

He still has a vivid memory of the day he signed his first contract with Montreal and how he realized he was about to change his family's lives. It's a memory Subban hasn't taken for granted.

"That moment for me, it was a pivotal time in my career. But I also knew that I would have the platform to be able to help other people," he said.

Subban's latest initiative is working with Kraft Hockeyville, an annual event that sees communities across the country share their stories and connections to hockey as they compete for \$250,000 in arena upgrades and the chance to host an NHL pre-season game.

Nominations for the 2023 contest are open and will close on Feb. 19.

"Being a Canadian, hockey is our sport. We have a lot of pride in the game and what the game brings to us," Subban said.

"Compared to other countries and other places in the world, this is what we really wrap our arms around. So to be able to bring our communities closer together through this program, and through hockey, is ideal."

Growing up, hockey wasn't always easy to access for Subban and his four siblings. His parents, who both immigrated to Canada from the Caribbean, worked hard to give their kids every opportunity, but Subban's siblings were still left wearing his hand-me-down skates and pads.

Kraft Hockeyville gives kids more chances to get into the game, Subban said.

"There's a lot of people who love our game and want to play. But it's an expensive game," he said. "To fund an arena, to fund equipment, to support a community, that takes a lot of people that want to make a difference."

It's been a while since Subban himself got out on the ice.

"I haven't picked up a hockey stick since I retired," he said with a laugh. "I haven't gotten on skates."

Instead of skating clinics and stickhandling drills, the charismatic athlete is using his experience, unique style and connections around the league to contribute to the sport he loves in a new role. ESPN announced in November that Subban had signed a three-year deal to work as a full-time hockey analyst.

"I find that I'm taking that on as a responsibility to try to support the game and help grow the game in different ways," Subban said.

"And I think, being at my age and being not very far removed from the game of hockey is a huge bonus. So I'm trying to use that the best way that I can to help not only ESPN, but help the game of hockey internationally."

There are days, though, where he gets nostalgic about being part of an NHL team.

"Of course you're going to miss the game, and you're going to miss being with your teammates,

and being on the road. But I still miss my first girlfriend. I mean, I miss things all the time," Subban said.

"You're going to miss things in life, but that's just a part of life. But to be able to look forward to the next chapter, and be able to make such an immense impact in so many different people's lives, I've got a lot to look forward to as well."

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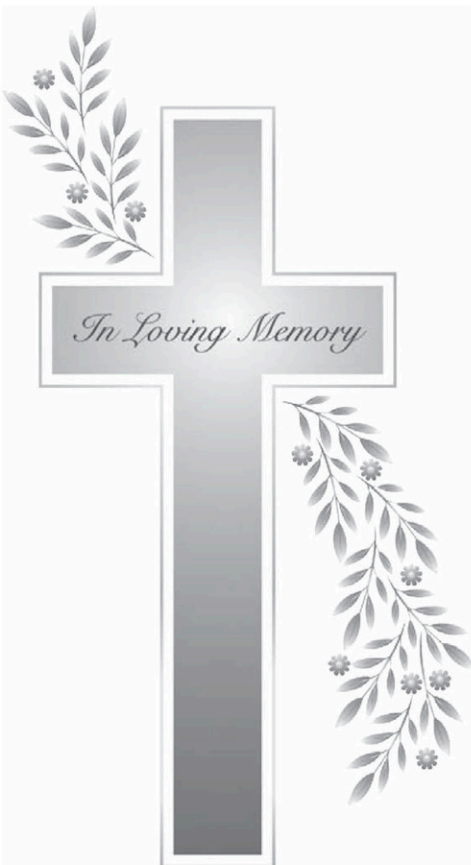
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In Memoriam

FRENCH, Brittany - January 12, 1995.
*I only got to hold you for a few precious minutes,
 Then the Lord called you to be an angel,
 And you have been watching over us ever since.
 I have missed you every day
 Since I had to say goodbye to you.
 Keep watching over us my precious girl.*
**Love,
 MOM
 and your
 BROTHERS AND SISTER**



Date Book

THURSDAY, JANUARY 12, 2023

Today is the 12th day of 2023 and the 23rd day of winter.

TODAY'S HISTORY: In 1915, the U.S. House of Representatives rejected a constitutional amendment to give women the right to vote.

In 1932, Hattie Wyatt Caraway of Arkansas became the first woman elected to the Senate.

In 1991, a divided Congress authorized President George H.W. Bush to use force in expelling Iraq from Kuwait.

In 2010, a 7.0 magnitude earthquake in Haiti destroyed a majority of the buildings in Port-au-Prince and left more than 200,000 dead.

TODAY'S BIRTHDAYS: Jack London (1876-1916), author; Tex Ritter (1905-1974), singer/actor; Joe Frazier (1944-2011), boxer; Tom Dempsey (1947-2020), football player; Kirstie Alley (1951-2022), actress; Rush Limbaugh (1951-2021), 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 1994, 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: "No matter how hard you try, you can't close your heart forever. And the minute you open it up, you never know what's going to come in." - Kirstie Alley

TODAY'S NUMBER: 24 - women in the U.S. Senate at the start of the 117th Congress in 2021.

TODAY'S MOON: Between full moon (Jan. 6) and last quarter moon (Jan. 14).

2022 Babies!

Proud parents, grandparents, aunts and uncles, show off your pride and joy in our "Babies of 2022" edition of The Record to be published on **January 27, 2023.**

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

**The Record at 6 Mallory St.,
 Sherbrooke, QC J1M 2E2**
 or e-mail: classad@sherbrookerecord.com
 with Visa or MasterCard for payment.

Deadline: January 20, 2023.
 (Winners randomly chosen)

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 Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
 Discounts: 2 insertions or more: 15% off
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NEA Crossword Puzzle

Your Birthday

THURSDAY, JANUARY 12, 2023

pace and see who contributes and who can keep up with you. A well-rounded, organized group can make a difference. Take a position of leadership, while giving others the freedom to express themselves.

CANCER (June 21-July 22) - Deal with confusion and chaos at home and work, then consider the facts and figures. Be responsible for your decisions. Make commitments based on your ability get things done.

LEO (July 23-Aug. 22) - Step into the spotlight, and something good will unfold. Discuss ideas with people who share your sentiments to find a clear passage to a brighter future. Don't tolerate poorly run operations.

VIRGO (Aug. 23-Sept. 22) - Your attention to detail is remarkable but time-consuming. Balance and structure are essential if you plan to get the most done in the shortest period. Critical comments will not motivate others.

LIBRA (Sept. 23-Oct. 23) - You'll have difficulty keeping a secret. A change you desire won't be shared by family or colleagues, but self-improvement projects will get a high five. Make personal gain a priority.

SCORPIO (Oct. 24-Nov. 22) - Your reputation and integrity are in danger. Make sure any information you share is genuine and verified. A direct approach will spare you from being put in a vulnerable position.

SAGITTARIUS (Nov. 23-Dec. 21) - Emotions and reality will clash if you aren't straightforward. Spread your wings and try new things. Showing interest in what others do will motivate you to excel in valuable skill sets.

Answer to Previous Puzzle

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

- ACROSS**
 1 Hoodwink
 5 Marketed
 9 Canucks org.
 12 Out loud
 13 The chills
 14 Monsieur's affirmative
 15 Adams or McClurg
 16 First-magnitude star
 17 Ump's cousin
 18 Endure
 20 Come to an end
 22 Some
 23 — Kippur
 24 Fumes
 27 How-to book
 30 Speak wildly
 31 Light brown
 32 Kipling classic
 34 United
 35 Indiana Jones quest
 36 Metal strand
 37 Disgrace
 40 Doctrine
 41 When Paris sizzles

- 42 Web addr.
 43 Old anesthetic
 46 Follow, as rules (2 wds.)
 50 Round veggie
 51 In that case (2 wds.)
 53 Raison d'—
 54 Common abbr.
 55 Bear, to Brutus
 56 Travel preference
 57 Reaction to a mouse
 58 Fielder's glove
 59 Ladder rung
- DOWN**
 1 Woodland creatures
 2 Pakistan's language
 3 Poker holding
 4 Raise
 5 Know-how
 6 Ess molding
 7 Tote
 8 Church official

- 9 Director — Ephron
 10 Colors
 11 Vitality
 19 Current regime
 21 Down Under bird
 23 Tug sharply
 24 To's opposite
 25 Indian noblewoman
 26 Flush with Shelley
 28 Quite similar
 29 Former Trevi Fountain coins
 31 Mild
- 33 New York player
 36 Metal workers
 38 Retainer
 39 Courtyard
 40 Numerical prefix
 42 WWII movie staple (hyph.)
 43 D'Artagnan prop
 44 Pierre's noggin
 45 Saddle horse
 46 Type of prof.
 47 "L'—, c'est moi"
 48 Soft white cheese
 49 Shriill bark
 52 Calendar abbr.

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	
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	37		38	39				40				
			41				42					
43	44	45				46				47	48	49
50					51	52				53		
54					55					56		
57					58					59		

Terse Terence teaches technique

By Phillip Alder

Englishman Terence Reese was controversial, which somewhat clouded the fact that for over 40 years he was one of the world's best bridge players and writers. In his articles, Reese used a succinct style with a dry sense of humor. However, for a strong player his books were - and still are - an excellent source of instruction and entertainment.

His "Bridge for Ambitious Players" is a collection of short essays. The first 51 deals cover declarer play, defense and bidding. The last 14 deals are famous in one way or another.

Reese uses each deal to highlight a particular technical aspect of the game. On today's, he adopted a policy I have always followed, which he attributes to the late S.J. Simon, an English expert who died in 1949 at the young age of 44. When you are the dummy, put down the suit led last. (Did you know that by law you are supposed to table the dummy in the sequence spades, hearts, diamonds, clubs?)

Reese says that he and his partner "reached six spades with a speed that in these days would attract the attention of the traffic police."

Reese tabled the hearts last, but South immediately called for the queen.

North		01-12-23	
♠ 6 5			
♥ A Q 4			
♦ K 6 3			
♣ A 10 8 7 5			
West		East	
♠ 7 3 2		♠ 8 4	
♥ 10 7 3 2		♥ K J 9 5	
♦ Q 8 7 2		♦ J 10 4	
♣ 6 4		♣ Q J 9 2	
South			
♠ A K Q J 10 9			
♥ 8 6			
♦ A 9 5			
♣ K 3			
Dealer: North			
Vulnerable: Both			
South	West	North	East
		1♣	Pass
2♠	Pass	2NT	Pass
6♠	Pass	Pass	Pass
Opening lead: ♥ 2			

East won with the king and returned the heart jack. Now it was impossible to establish and cash the fifth club for a diamond discard.

The right play is the heart four at trick one. Then the entries exist to make use of the fifth club. The killing lead is the heart 10.

In conclusion, Reese chides himself for failing to correct to six no-trump, which he feels he would have made "one way or another." What do you think?

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.

“RKESoyK CB MK DJK YDAZXDKGGKZY
LAW'D LA DJCY, DJKW DJK RSL
TKATGK MCGG MCW.” — NAOZWSGcyD
EJZCYDCSWK SUSWTAoz

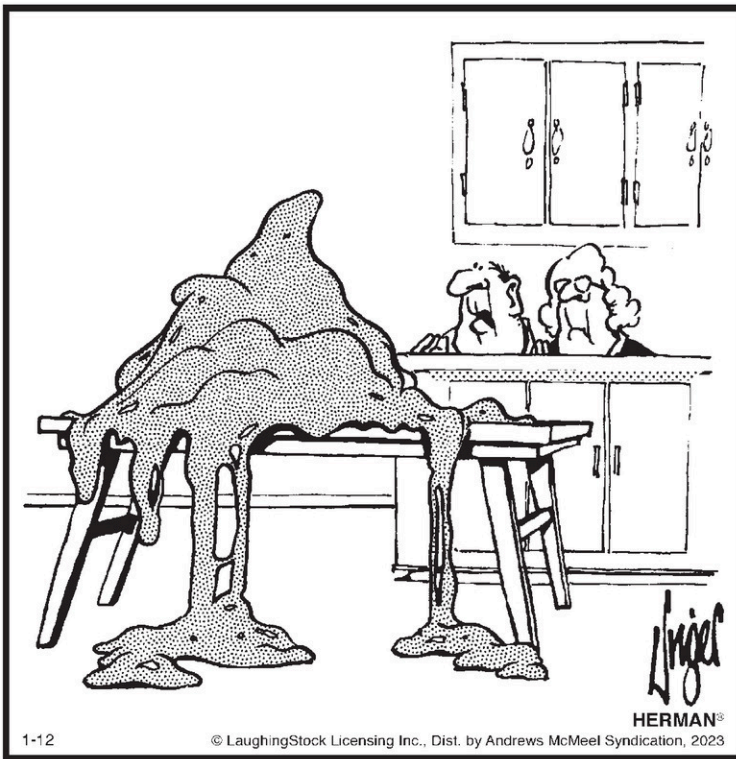
Previous Solution: “I now realize, after all this time, I have never truly felt worthy of all that I have been given.” — Wynonna Judd

TODAY'S CLUE: A sjenbø x

REALITY CHECK

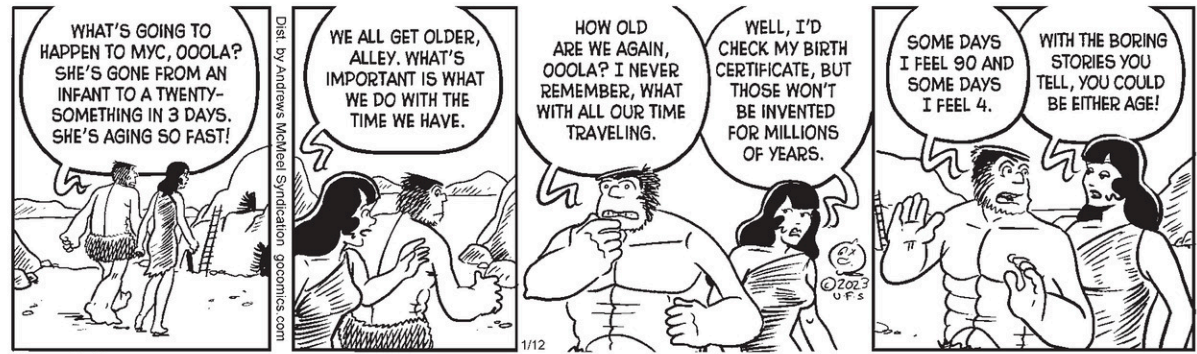


HERMAN



“Bread dough or not... you'd better go and get my gun.”

ALLEY OOP



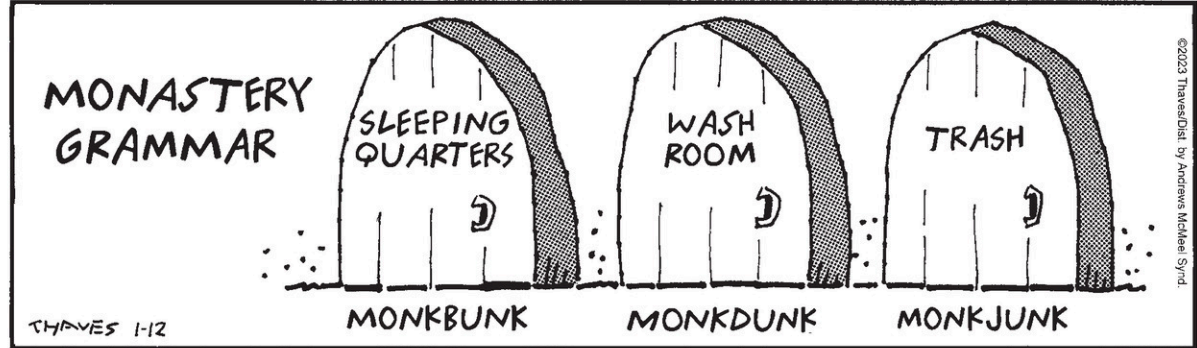
ARLO & JANIS



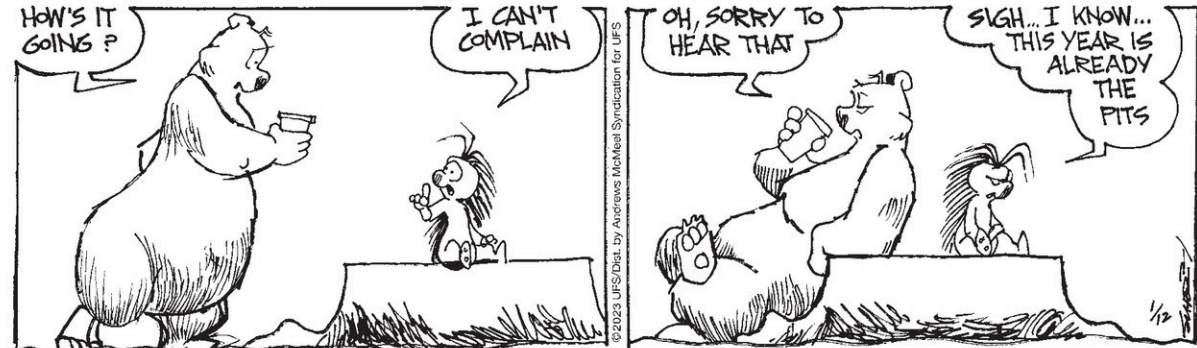
THE BORN LOSER



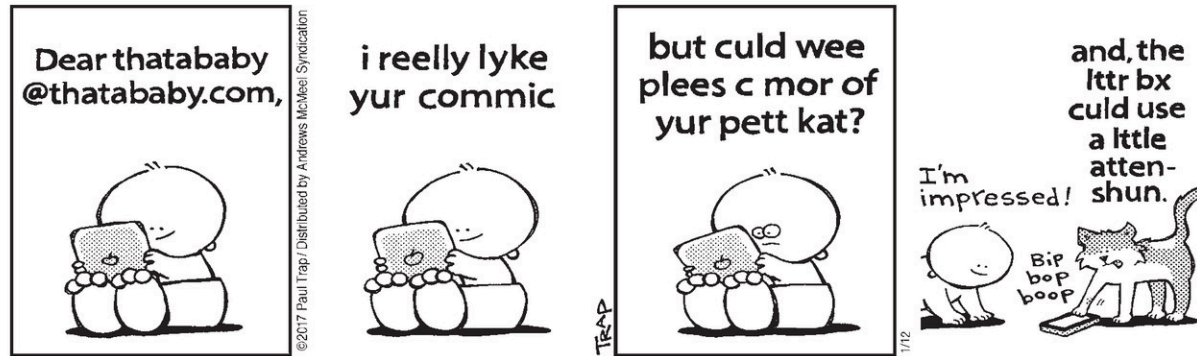
FRANK AND ERNEST



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ONLINE

CHEP Video Conference: January 18, 10 a.m. to 11:30 a.m. "Financial health and stigma: The hidden cost of debt." FREE English online conference (Zoom); phone-in option available. To register, contact Vanessa (va@townshippers.org) or Abby (aw@townshippers.org).

SHERBROOKE

St. Patrick's Catholic Church, 20 Gordon St., Sherbrooke invites you to their Valentine's Dinner and Dance on February 4. Mass at 4:30 p.m. Dinner at 5:30 p.m. \$20/person (8 and under free). DJ, door prizes, snacks. Non-alcoholic beverages will be served/BYOB. To reserve your tickets, please contact Sylvie at 819-446-1138 (after 6 p.m.).

RICHMOND

St-Patrick's Society of Richmond and vicinity will hold their annual general meeting on Monday, January 16, 2023, 6:30 p.m., at the Hotel Grand Central, 45 Principale N., Richmond. Welcome to all members and would-be members. For more info: 819-826-2535.

SUDOKU

DIFFICULTY RATING: ★★★★★

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

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

Worried About Neighbors' Infant

Dear Annie

THURSDAY, JANUARY 12, 2023

Dear Annie: We live across the street from a married couple – man and woman – who have a 16-month-old girl. Every time they get her out of the car, no matter what the weather is, they have nothing on her head. Even when the temperature was in the teens, and another time when it was pouring rain, there was nothing on her head.

I'm 60. I raised three daughters and always covered their heads with some kind of toboggan hat, hood or rain gear when appropriate.

The couple's defense, I'm sure, would be that they're just going from the car and up about 20 steps to the house, but still, I think it's ridiculous. I'm not sure if I should say something to them or not. Should I? – Neighbor

Dear Neighbor: Assuming that they have a jacket on the 16-month-old and the girl does not seem in distress, i.e., freezing or crying uncontrollably, it's probably better not to say anything. Perhaps you could buy her a really nice hat and bring it over as a neighborly present. Maybe they would get the hint.

Dear Annie: My heart goes out to "Bitter," who wrote about failed in vitro fertilization treatments and her bitter feelings toward her husband's brother and wife. They had encountered similar difficulties, and yet, knowing "Bitter" and her husband's struggle, they made a sudden announcement of their own pregnancy.

I, too, had difficulty getting pregnant, with my only pregnancy ending in miscarriage. The medical profession gave up on me. In fact, one day I happened to see my record and the diagnosis, "hostile environment." It broke me.

Not long afterward, I started working for a chiropractor and discussed my history with him. He took X-rays and found that I had a subluxation (verte-

bra out of place), where the nerves left my spine to control my reproductive organs. He said he felt that with regular adjustments to get my spine back in line, I could become pregnant within a year. Given that I was 39 years old, I had my doubts but kept them to myself. Five months later, I was pregnant. Three other patients in the practice who had difficulties getting pregnant were also able to become pregnant. We were quite a club! At the age of 40, I gave birth to a wonderful, healthy baby girl!

I'm not saying this is the answer for everyone, but after all the trials and suffering we went through, chiropractic seemed such a simple answer, and in my case it was: Due to a slight misalignment in my spine, my brain couldn't deliver messages to my reproductive organs in order to sustain a pregnancy. Once the spine was aligned and stayed that way, well, the proof is in my 27-year-old daughter! – Grateful

Dear Grateful: Whatever works. You sound like a wonderful mother and person, with a remarkable success story. Thank you for sharing your experience. I am printing your letter because it is important for everyone to know that there are many ways to boost fertility. There is some evidence that a healthy diet filled with fresh fruits, vegetables, and lean meats and fish can increase the chances of conception. Yoga and acupuncture are great things to try as well.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

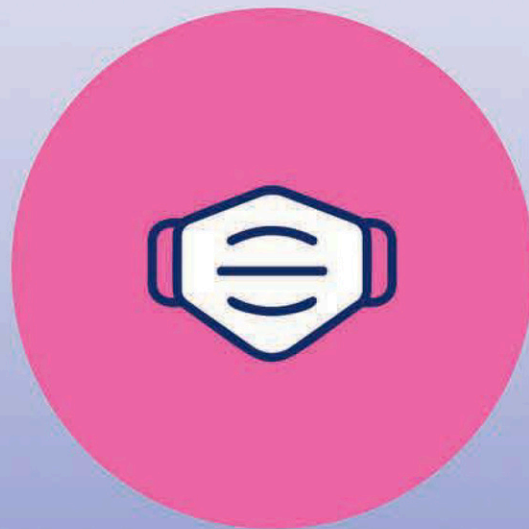
Send your questions for Annie Lane to dearannie@creators.com.

To protect yourself and others, let's adopt good habits.



If you have a fever, stay home.

During get-togethers, open the windows or doors regularly to allow fresh air to circulate.



If you have a cough, sore throat or nasal congestion, wear a mask.

And also wear a mask in crowded public places.



Wash your hands often.

[Québec.ca/LimitVirusTransmission](https://Quebec.ca/LimitVirusTransmission)