

Bernard Jolicoeur: exploring nature through people's mouths

By Gordon Lambie

Bernard Jolicoeur's story is one of finding creative ways to do what you love. Once a biologist with the Canadian Wildlife Service, Jolicoeur said that he always dreamed of exploring the natural wonders of northern Quebec. Held back from his dreams by a lack of funding, he opted to change careers and found the key to what he was looking for through the practice of dentistry.

"In that way there were plenty of opportunities to head north," Jolicoeur said, explaining that from 1995 to 2013 he worked full time as a travelling dentist in remote northern communities so that he could have the opportunity to pursue his passion as a naturalist. "Becoming a dentist was the key to all of my travels," he shared.

The travelling Dentist explained that the towns and villages in Nunavik, the Lower North Shore, and along the Labrador border rely on a rotation of travelling health professionals to care for their health and wellbeing. On Ungava Bay, for example, four dentists share the needs of seven communities, moving about as needed with occasional supply stepping in of one of them needs

CONT'D ON PAGE 3

A difficult time for the Lennoxville Curling Club



MATTHEW MCCULLY

A reminder of happier times for the Lennoxville wheelchair curling team after their win at the Provincials in February, 2016. The team, composed of Sebastien Boisvert, François Lacourse, Denis Grenier, Johanne Poulin and Daniel Lachaine huddled up for a team cheer following their win against Magog, which ran over three hours and went into an extra end.

By Matthew McCully

When the wheelchair curling program began 10 years ago in Lennoxville, it was the first of its kind in the region.

Over the years, the Lennoxville members, able-bodied and wheelchair-bound alike, have grown into a big family.

It is a challenging time these days, as the club mourns the loss of three members of the wheelchair curling program; Denis Grenier, Johanne Poulin and Anne-Marie Vanasse, all of whom passed away in recent weeks.

"Each one in their own way contributed to the program," said Alfred Whittier, who first started the wheel-

chair curling program in 2008.

"I don't coach anymore, but I still consider them my players," he added.

Denis Grenier was part of the first cohort of wheelchair curlers when the program began. He was quiet and kept to himself, according to Whittier, but was very skilled on the ice.

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AND SNOW

HIGH 2
LOW -1



THURSDAY:
SCATTERED
FLURRIES

HIGH 1
LOW -7



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MIX OF SUN
AND CLOUD

HIGH 1
LOW -7



SATURDAY:
SUNNY

HIGH 2
LOW -5



SUNDAY:
MIX OF RAIN
AND SNOW

HIGH 3
LOW -1

HAND-IN-HAND

An organization for lifelong learning



Literacy in Action (LIA) is a collaborative non-profit organization that works with a variety of partners within the community, health and social service sector and educational institutions across the Estrie Region. Our goal is to assist in the design and delivery of resources and services that bring essential literacy skill development to life.

From one-to-one tutoring to community-based learning activities, Literacy in Action is not just an organization for people who can't read or write. We are a volunteer-driven organization for people who want access to English-speaking environments with an educational twist.

With the help of a small staff, partners and volunteers, our programs and activities run throughout the Estrie region

to promote literacy skills and encourage lifelong learning.

We use the Laubach approach, known as Each One-Teach One. This means we have learners who are also volunteer tutors, it simply depends on the day and learning goals of the participant. All of this is thanks to citizens in local regions who volunteer their time to share their skills, along with LIA staff who support them with resources and guidance as needed.

Over the past few years we have been exploring how to create interactive and hands-on learning activities to foster essential literacy skill development. Here are a few of our collaborative programs that seek to offer a place for English-speaking folks 16 years and older and families.

Books to Belly! is a literacy-oriented cooking activity for parents and caregivers with children 5-12 years old. With the help of 2 animators, families are invited to join us to read a selected story that features food, and then cook a recipe inspired by book.

Arts & Scraps for Families in Stanstead

This Fall we brought our Arts & Scraps program back to Stanstead in collaboration with Sunnyside Elementary's CLC. It is a time for families to hang out together, use new and recycled material to make art and get to know the new CLC and LIA's direct one-to-one services.

Computer Literacy Tutoring

LIA's peer tutoring is in full swing! Some community volunteers as well as students from Richmond Regional High School and Bishop's College School have recently been trained as Digital Literacy tutors. This initiative matches a learner who needs help with their computer, laptop or tablet with a tutor who volunteers their time to gently guide you, step-

by-step, to becoming more at ease with your digital device.

Maybe you need help with e-mail or want some hints for searching the internet, or just want to manage your photos more efficiently - we have a volunteer tutor to help you! For more information, contact Kendra Parnell at info@lia-estrie.org or give us a call

Project HELP

Last year the CIUSSS de l'Estrie - CHUS asked LIA to partner with them in a pilot project. Many CIUSSS employees (nurses, technicians, administrative staff, etc.) are taking online ESL courses and were looking for opportunities to practice their English skills, so LIA developed a project called HELP (Health services English Learners' Program). We recruited anglophone volunteers to meet with the learners for an hour or so, on a weekly basis, for conversation and tutoring in English. It was a big success!

The project has started up again this Fall and we are being flooded with new requests from health service workers. More volunteer tutors are needed! If you have 60 - 90 minutes a week for English conversation to help health care workers improve their English skills and better serve anglophone patients, please write to Maggie.george@lia-estrie.org.

What is a Croque Livres?

Literacy in Action also sponsored Lennoxville's own Croque Livres. The bright yellow box for take a book - leave a book is located just to the right of the Town Hall for easy access.

Help us spread the word, if you know someone who is interested in activities or would benefit from our one-to-one services in reading, writing or digital literacy, please let us know.

Wishing you a cozy winter,
From the team at Literacy in Action
www.lia-estrie.org





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Ben by Daniel Shelton



LOCAL NEWS

“Johanne was special,” commented Whittier, explaining that as soon as she joined the program, she took on a leadership role.

Lennoxville Curling Club

CONT'D FROM PAGE 1

Vanasse joined the program in recent years. Because of her health, she was not able to play for long periods, but was a great example of determination, Whittier said.

“Johanne was special,” commented Whittier, explaining that as soon as she joined the program, she took on a leadership role.

Her first time on the ice with the team was at the Nationals in 2008, held in Halifax, NS. It was the first time Quebec was represented at the competition.

“She wasn’t even invited by us. She paid her own way down,” Whittier said.

When it came time to play, one of the

Lennoxville curlers was ill. The rules required that each team have one female player.

After much form filling and phone calling to then Lennoxville Curling Club President Sylvia Smith and the national curling association office in Ottawa, Poulin became a member and competed at the nationals.

“Johanne fit in just nicely,” Whittier remembered.

“She’s going to be missed, and not just by the wheelchair program either,” added member Nancy Rowell, who worked with Poulin on many occasions for events at the club.

“She was a natural leader, Miss Congeniality,” Rowell said, explaining that

Poulin was an ambassador for the sport and the club.

“She always had a big smile for everybody.”

Poulin helped organize a ‘fun day’ years ago at the club, to show able-bodied curlers what it is like to curl in a wheelchair.

In addition to coaching the Lennoxville Wheelchair team, Poulin also coached the Special Olympics Curling team. In 2015, she was honoured by the association as Special Olympics Female Coach of the Year.

Rowell remembered Poulin’s first year as coach of the Special Olympics team. They were competing in Valleyfield. Upon arrival, they discovered the curling

rink was not wheelchair accessible.

“So the boys just lifted her up and carried her in,” Rowell remembered, pointing out that Poulin would not be deterred.

“We could write a book about her and we’d still miss parts,” Whittier said.

“Coast to coast, everyone knew Johanne,” Whittier said. Poulin raised the profile of the sport and added to the familial atmosphere of the Lennoxville Curling club, he said.

“We have a wheelchair curler who comes all the way from Montreal to play here. That says something about the club,” commented Whittier.



RECORD ARCHIVES

A group photo of the Lennoxville wheelchair curling team at the National championships in 2010 in Kelona, B.C. just two years after the program started. (left to right) Benoit Lessard, Carl Marquis, Denis Grenier, Joanne Daly, Nicole Huberneau, Joanne Poulin with coaches Dan Janidlo and Alf Whittier.



MATTHEW MCCULLY

Bernard Jolicoeur

CONT'D FROM PAGE 1

go on vacation.

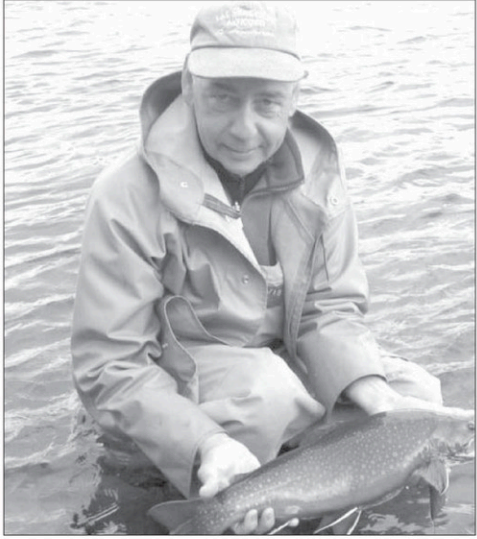
“I still go back from time to time just to lend a hand in remote communities,” Jolicoeur said, noting that he doesn’t plan to quit the practice anytime soon. “I have never been made to feel unwelcome, I love it,” he continued. “It’s like a big family there; everyone knows each other.”

Although dentistry is time consuming and he does work full time when present in a community, the travelling dentist explained that the freedom to discover the local wildlife comes in how he chooses to use his downtime. Where most other travelling professionals finish their day and go back to their rooms to relax, Jolicoeur takes a different approach.

“I head out with a pair of binoculars and explore,” he said. “I work full time, but I have all my evenings and weekends.”

While out in the wild, Jolicoeur said that he is interested in everything from the geology and plant life of the regions to the wildlife and distinctive sea life.

Jolicoeur will be sharing his experi-



COURTESY OF BERNARD JOLICOEUR
Bernard Jolicoeur in 2011

ences as a naturalist in northern Quebec tonight at the Amédée Beaudoin Community Centre in Lennoxville. The free talk, hosted by the St. Francis Valley Naturalists’ Club, will take place from 7p.m.

to 9 p.m. and will involve an overview of the travelling dentist’s observations in different regions of the north.

Correction

In Tuesday’s Record the page 3 article “History of transportation conference in Bury” included a historical photo which was incorrectly identified as being of the Bury train station. The station in the photo is actually the Sawyerville station. The Record regrets this confusion.

LDWC Open House

The **Lennoxville & District Women’s Centre** cordially invites the community to visit our new offices on:

Friday, November 30 between **4pm and 7pm.**

At 175 Queen suite 203

(Entrance is at the back of the building)

Join us for refreshments and say hi to the LDWC team.



THE PET CONNECTION




Jen Young

then pull out your camera and take a holiday themed photo of your pet to enter in our Facebook contest and you could win a \$100 gift certificate from the store. All photos must be holiday themed and they must contain when you adopted and why you are blessed to have your animals. You can email to j.young3@sympatico.ca or through Facebook to Jen Asland Young. All entries must be received by the end of this week as the contest will begin the following week and run for one week on Facebook. Good luck!

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This page is provided by Blue Seal - The Animal Nutrition Centre and The Pet Connection.

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My Take: Trumping Climate Change

By Emilie Hackett

“Brutal and Extended Cold Blast could shatter ALL RECORDS – What ever happened to Global Warming?” asked American President Donald Trump on Twitter last week.

According to NASA, the difference between weather and climate is simple: weather describes the atmosphere’s con-

ditions over a short period of time, while climate denotes atmospheric patterns over longer periods.

The American President confuses the two.

Sometimes, it’s cold.

That doesn’t mean droughts, wildfires, hurricanes, and floods aren’t hap-

pening exponentially, that food- and waterborne illnesses aren’t spreading (ahem, romaine lettuce), or that sea levels aren’t rapidly rising.

Trump knows this. His administration gave him a detailed report on Monday about the impact climate change will have on this planet. He rejected it,

because he doesn’t “believe it.”

Isn’t it time for Americans to reject his backwards antics? Because believe this: we will all pay for the United States’ indifference.

The Other F Word



By Ellen Goldfinch

“I don’t believe in feminism.” The teenaged girl smirks defiantly at me.

There are a few gasps in the classroom, and I try not to laugh, although at the same time, her comment irks me. I’d heard it many times from girls in the ten years in which I taught a social change course to high school seniors.

My answer is well worn. “So...” A little pause for dramatic effect. “You don’t believe you should earn the same salary as a man or be treated equally before the law.”

“Of course, I do!” She shakes her head and looks around the classroom, inviting other students to share her opinion of what a stupid question I’ve just asked her.

Checkmate. “Then you’re a feminist.”

Laptops and tablets spring open. The class is racing to look up the definition of feminism and prove me wrong. Once again, I witness students learning what feminism is. It’s not about women hating men, nor eschewing makeup and fashionable clothes; it’s about treating women as equals with men.

I’m retired now, and in these days of the #MeToo movement, reflecting on equal treatment is important. Reflecting on how we cultivate a culture of equality and consent is crucial. Whether it’s teaching boys that hazing is a euphemism for assault or teaching girls that cyber-bullying is the same as verbal assault, equality and fair treatment of others is essential for making a better world.

Sadly, adults with misconceptions on what constitutes fair treatment are part of the problem. In a televised CNN focus group on the alleged behaviour of now U.S. Supreme Court Judge Brett Kavanaugh when he was a teenager, one woman asked, “With testosterone running high, what high school boy hasn’t done this? Tell me. I would like to know.”

I hollered at my television in frustration. Does this woman think that every teenaged boy has tried to rip off a girl’s clothes and put a hand over her mouth when she tried to scream? If this is con-

sidered to be “boys-will-be-boys” behaviour, then we have a problem. We are too blasé about physical abuse. Just look south of the border at a U.S. president who was caught on tape boasting about grabbing women’s genitals. He got elected anyway. Years ago, that tape would have cast him out of the running.

Authoritarian leaders ridicule human rights movements. It frightens them, and feminism is no exception. Mocking feminism is a tool to lessen women’s autonomy and control over their bodies and their minds. The #MeToo movement is seen as a threat to powerful men like Harvey Weinstein who ruled their empires and treated women as if there would be no consequences for such acts as assault and rape.

Conditions for women have certainly not come a long way, as the old sixties Virginia Slims commercial used to say. We’ve gone for a big slide backwards. When we see people in power demonstrating that abusing women is no big deal, we need to fight back and say that this is not normal. It never was, and it isn’t now.

Yes, it’s complicated when the #MeToo movement is seen as ruining the careers of admired celebrities: Bill Cosby, Woody Allen, Kevin Spacey, Al Franken. They were outstanding actors and comedians. Yet, how can you appreciate their movies and shows when you learn how their celebrity entitled them to hurt others, both physically and emotionally? I don’t know about you, but it’s hard for me to compartmentalize art and sexual assault.

Each of us has to make our own choices about how we react to the news – heck – how we treat each other. My choice is simple. To the best of my ability, I will not support the work and policies of those who hurt and denigrate other human beings. I will happily support those who try to create a fairer and more compassionate world.

I do believe in feminism, and it thrills me to see my former students moving into careers where they are making a difference. When the news shows me how the world turns its back on abused women, when they are not believed, I take comfort in seeing how young people in North America are taking up the cause for human rights and the rights of women. I hope they stay loud and stay strong.

Ellen Goldfinch is a teacher, writer, mother and advocate living in the Eastern Townships.



LEARN MORE:

Status of Women Canada: <https://swc-cfc.gc.ca/index-en.html>

United Nations: UN Women Watch: <http://www.un.org/womenwatch>

Government of Canada: Women’s Rights: <https://www.canada.ca/en/canadian-heritage/services/rights-women.html>

Amnesty International: Women’s Human Rights: <https://www.amnesty.ca/our-work/issues/womens-human-ri>

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EDITORIAL

Rather than having a few days off to decompress, we spend our time away from work filled with dread, anxiety and exasperation

How to survive your annoying relatives this holiday season

By Jamie Gruman
Professor of
Organizational Behaviour,
University of Guelph

Social allergies are a lot like seasonal allergies. They're annoying, exhausting and hard to avoid. They're also especially common around the holidays. That's because the holidays put you at a high risk of exposure. Swap the dander and ragweed for your not-so-favourite acquaintances and relatives and there you have it – a full-blown case of social allergies.

Maybe it's the way your aunt constantly complains about frivolous things. Or perhaps it's how your father-in-law smacks his lips and wipes his mouth with the back of his hand when he eats. Or could it be the way your cousin can't have a conversation without droning on about himself?

All of us have allergies to people whose seemingly inconsequential behaviour irritates us. The emotional and physical symptoms these social allergens produce arise within minutes of exposure, making us want to immediately evacuate the toxic environment.

The holiday season social allergy

Like seasonal allergies, social allergies are often inescapable. Triggers include the obligatory get-togethers that come with the holidays. For many, the season, beginning with American Thanksgiving,

is supposed to be a time to recharge our batteries: recover from the unreasonable deadlines, numerous pressures and other demands we face on a daily basis.

Social allergies can interfere with that plan.

Rather than having a few days off to decompress, we spend our time away from work filled with dread, anxiety and exasperation because we have to endure people we are allergic to.

Although we can get out of some noxious social situations, there are others that are almost mandatory.

So, what are the social antihistamines that will help us cope?

Limit exposure

One effective way to prevent a social allergic reaction is to limit your exposure. In the same way a person allergic to cats should avoid snuggling up in bed with a pride of domestic felines, a person with social allergies should avoid staying in an environment full of social allergens.

By minimizing the amount of time you are in contact with the allergens, you attack the problem directly, fostering resilience and recovery by reducing your exposure to a hazardous situation.

This means leave early or come late. Have a strategy to restrict the amount of time you spend surrounded by your social allergens. While you are at the gathering, be strategic about the social

situations you place yourself in. When finding a spot at the dinner table, don't sit next to Cousin So-and-so or Aunt M and definitely don't sit in full view of your lip-smacking father-in-law.

Validate

We have the power to exert some control over many social allergens.

For example, when speaking with a self-centred toxic relative, she's looking for a certain type of reaction from you. In many cases, the wanted reaction is simple: it's support and validation.

While you may want to shut off the stream coming out of auntie's mouth, this will not actually help calm your allergic reaction. But if you spend some time to first provide the validation she seeks, you could potentially satisfy her craving and extinguish the behaviour you find repellent.

Give feedback

If you can no longer tolerate your father-in-law's eating, consider speaking to him about his eating habits. But remember that conversations not only convey information, they also have implications for relationships and identities.

Make it clear to him that you're speaking to him about this because you love him. And see if you can bring up the topic indirectly so that you don't come across as intrusive. Giving feedback to people often fails to change their behaviour if we're not sensitive about how it

might be received.

Mindfulness

If giving feedback to your father-in-law doesn't seem like the best idea, you can instead try practising mindfulness. Mindfulness is a non-judgmental state of present moment awareness.

When social allergens start bothering you, pay attention to your own internal irritation without evaluating it. Don't cling to it and don't push it away. Just follow it.

Watching the ebbs and flows of your experience has a way of putting distance between you and your reactions through a process called re-perceiving. Mindfulness won't necessarily prevent the allergen from bothering you, but it will help you control how much it annoys you and how quickly you recover from its effects.

Social allergies can burn you out and change a relaxing holiday into a stressful test of endurance. To get a boost during holiday time, you need to make sure that you spend your time with people who recharge and revitalize you.

Also, mitigate your aversive reaction to people's annoying habits. A few simple steps can transform your holiday into one that lets you enjoy a happy, healthy break, instead of having to contend with social allergies.

The author thanks Deirdre Healey's assistance with this article.

Letters

DEAR EDITOR

Chivalry is not dead.

Last week I drove my car into a snowbank opposite the company Everest Equipment on Westmount Avenue in Ayer's Cliff.

Within minutes, three young company workers approached to help me remove the car but it was not possible.

A young Everest employee helped me to the company office to call CAA.

During my call, Dennis Cox spoke to CAA, saying 'we can handle this situation.'

The employees eventually removed my car from the snowbank and Cody Power drove me to my home on Rosedale.

Only in Ayer's Cliff, only at Everest Equipment, could such care be taken.

My thanks

ELIZABETH OSTIGUY
AYER'S CLIFF

DEAR EDITOR:

We wonder if Tim Belford was listening to Anna Maria Tremonte's interviews on CBC this morning, November 27th, re climate change (or global warming: a rose by any other name...). Will he continue to scoff at what to him is deemed the preposterous notion that our world is in dire straits in large part due to man's dependency on fossil fuels? I was quite shocked by his column, which appeared in The Record last week, which closely echoed Rex Murphy's in The Gazette. We cannot believe two such intelligent individuals can be such naysayers to what has been confirmed by the vast majority of reputable scientists worldwide and is so obvious. Ms. Tremonte was talking to some of those really concerned people whose research is very likely far more informed than that of Mr. Murphy and Mr. Belford. It seems rather specious to argue that the Arctic was once home to palm trees: those changes took place over thousands of years, whereas what we are currently experiencing i.e., dramatic increases in atmospheric carbon dioxide and other greenhouse gasses, is resulting in pretty sudden changes to our planet. Glaciers are calving and melting at a dismaying rate as are the occurrences of flooding, famine, forest fires...it all seems rather apocalyptic. But if it is more comforting, entertaining and newsworthy to assume the awkward posture of burying one's head in the sand, so be it. But their blinkered views are truly disappointing.

B & T MATTHEWS
NORTH HATLEY

DEAR CANADA POST,

Back on September 21, I mailed a letter to St. John's Newfoundland. It was returned to me yesterday, November 26, marked "return to sender." I want to congratulate you on the lickety-split turnaround: that only took 9 1/2 weeks!

M. FARFAN
STANSTEAD

THE RECORD

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Local Sports

The Canadian men climbed one spot to No. 20 at the expense of Spain, which fell to No. 21 after losing 28-10 to No. 16 Samoa.

Canadian men climb back into World Rugby top 20

The Canadian Press

In the wake of its World Cup qualification, Canada has moved back into the top 20 of the World Rugby rankings.

The Canadian men climbed one spot to No. 20 at the expense of Spain, which fell to No. 21 after losing 28-10 to No. 16 Samoa.

The top seven were unchanged with No. 1 New Zealand ahead of Ireland, Wales, England, South Africa, Australia and Scotland. Fiji jumped two places to No. 8 after upsetting France 21-14.

France and Argentina dropped one spot to No. 9 and 10, respectively.

Canada was ranked 23rd in the world when it opened play Nov. 11 in a four-team repechage in Marseille, France. Kingsley Jones' team went on to beat Kenya, Germany and Hong Kong to secure the 20th and last berth at the 2019 World Cup in Japan.

The Canadian men were ranked 18th when they faced Ireland, then ranked No. 6, in their opening match at the 2015 Rugby World Cup. Canada was trounced 50-7, the first of four straight losses at the tournament.

Galt Senior Boys win LaRuche invitational



The Galt Piper's Senior Boys basketball team took part on the La Ruche invitational tournament this past weekend. The Galt Pipers Senior Boys won the juvenile division 2 section. There were over 60 games played throughout weekend in various divisions. The Piper team was sponsored by Raymond Chabot Grant Thornton. Pictured above with the senior boys team with their winning banner as well as a representative of the company Raymond Chabot Grant Thornton Company

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For more information, call or email Maggie George at
Literacy in Action / Action Alpha
819.572.1481
maggie.george@lia-estrie.org

7 Connolly Street, Sherbrooke, QC J1M 1L8

Death

Helen NUTBROWN
March 28th, 1923 – November 24th, 2018

Passed away at the Hotel Dieu, Sherbrooke on Saturday, November 24, 2018. Helen (Taylor) Nutbrown of Lennoxville, age 95. Beloved wife of the late Ibrey Nutbrown. Loving mother of Judy Fannon (Bryan) of Anchorage, Alaska, Sallie Nutbrown (David) of Sherbrooke, Susan McKinnon (late Ray), of Spring City, Tennessee, Bill Nutbrown (Pat) of Petawawa, ON, Pam Nutbrown (Glen) of Oakville, ON, Cynthia Sparring (Dan) of Athens, ON, Mark Nutbrown (Cindy Mayes) Brockville, ON, Peter Nutbrown, (Tracey) Lyn, ON, and Victoria Nutbrown of Lennoxville. Cherished Nanny to 17 grandchildren, and soon to be 18 great-grandchildren. Predeceased by her brothers Mac (Monique, late Anna), Russell (late Marion) and Ron (Lorna). Special aunt to Trudy McLeod (Mike) of Hatley and Nancy Kerwin-Taylor (Phil) of Ayer's Cliff.

Family and friends will be received at the CASS FUNERAL HOME, 3006 College St., Sherbrooke (Lennoxville) on Friday, November 30, 2018 from 2:00 p.m. to 4:00 p.m. and 7:00 p.m. to 9:00 p.m.

Funeral service on Saturday, December 1, 2018, 11:00 a.m. at the Church of the Advent, 473 Rue Bowen S., Sherbrooke, followed by interment at Massawippi Cemetery.

In lieu of flowers, donations to the Canadian Cancer Society or Diabetes Canada would be appreciated by the family.

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Today in History

Today in History for Nov. 28:

On this date:

In 1520, the Portuguese navigator Ferdinand Magellan reached the Pacific Ocean after passing through the South American strait that now bears his name.

In 1628, writer John Bunyan, famous for his Christian allegory "Pilgrim's Progress," was born in Elstow, England. His father was a tinker and Bunyan learned his trade, but also got involved in the English Civil War. His adventures were reflected in "Pilgrim's Progress," one of the bestselling books of all time.

In 1698, Gov. Louis Frontenac of New France died at Quebec. Frontenac was largely responsible for opening the region, despite orders from his superiors.

In 1797, the North West Company, a major force in the fur trade, began building the Sault Ste. Marie Canal. It was destroyed by American troops in 1814 when they attacked the company's nearby trading post during the War of 1812-1814.

In 1895, the first U.S. car race - from Chicago to Waukegan, Ill. - was won by J. Frank Duryea, who maintained a speed of 12 km/h.

In 1914, the New York Stock Exchange re-opened after its longest shutdown ever. The exchange had closed July 31st with the outbreak of the First World War.

In 1956, Canada granted \$1 million and free passage to victims of the revolution in Hungary.

In 1960, the Islamic Republic of Mauritania proclaimed its independence.

In 1965, the Canadian satellite "Alouette II" was launched from Vandenberg Air Force Base, Calif.

In 1972, the Canadian Football Hall of Fame officially opened in Hamilton.

In 1979, an Air New Zealand jetliner crashed into the side of a volcano in Antarctica. The plane, carrying 257 people, was on a scenic flight from Auckland to the Antarctic coast and back. All 257 people, including three Canadians, were killed.

In 1984, the Saskatchewan Legislature expelled convicted murderer Colin Thatcher and declared his seat vacant. Thatcher was convicted Nov. 6 in the death of his ex-wife and sentenced to life imprisonment without eligibility for parole for 25 years. He was granted full parole on Nov. 30, 2006.

In 1987, a South African Airways Boeing jumbo jet carrying 159 people caught fire and crashed, approaching the island of Mauritius in the Indian Ocean, killing all on board.

In 1990, Margaret Thatcher resigned as prime minister of Britain, handing over her seal of office during an audience with the Queen. Thatcher, first elected in 1979, was Britain's longest-serving prime minister of the 20th century. She earned the nickname "Iron Lady" for her steely resolve on matters like the Argentine invasion of the Falkland Islands in 1982. Her decision to send a naval task force to the islands

boosted her popularity and helped her win a second electoral victory.

In 1994, Norway voted against joining the European Union.

In 1994, serial killer Jeffrey Dahmer, serving 16 life terms for killing 17 young men and boys, was killed by a fellow inmate at a Wisconsin prison.

In 1999, Hsing-Hsing, a male panda, Chinese leader Mao Zedong's gift to former U.S. president Richard Nixon in 1972, died at age 28.

In 2001, Enron Corp. collapsed after would-be rescuer Dynegy Inc. backed out of an \$8.4 billion deal to take it over.

In 2002, Roy Romanow's Commission on the Future of Health Care in Canada report recommended a \$15-billion cash infusion by 2006 for a sweeping expansion of medicare that would stop the growth of private medicine. Recommendations also included a drug plan for catastrophic costs; home care for the terminally ill, mentally ill and those just released from hospital; money for diagnostic equipment such as MRI machines; introducing a Canadian Health Covenant, and creating a health council of Canada to watch over medicare.

In 2010, WikiLeaks released more than 250,000 classified U.S. State Department documents revealing a hidden world of backstage international diplomacy, divulging candid comments from world leaders and detailing occasional U.S. pressure tactics aimed at hot spots in Afghanistan, Iran and North Korea.

In 2010, Leslie Nielsen, a Canadian-born actor who went from drama to inspired bumbling as a hapless doctor in "Airplane!" and the accident-prone detective Frank Drebin in the "The Naked Gun" comedies, died at a hospital near his home in Ft. Lauderdale, Fla., where he was being treated for pneumonia. He was 84.

In 2010, European Union nations agreed to give C\$89.4 billion in bailout loans to Ireland to help it weather the cost of its massive banking crisis.

In 2011, after being stymied by minority Parliaments, the Harper Conservatives flexed their majority muscle in the House of Commons and stripped the Canadian Wheat Board's monopoly on prairie wheat and barley crops. (The Senate gave it royal assent in December. It took effect Aug. 1, 2012.)

In 2013, alleged gang leader Quang Vinh Thang (Michael) Le pleaded guilty to orchestrating an execution of a rival drug trafficker in a Surrey, B.C., highrise in 2007 that ultimately killed five other people, including two innocent bystanders. (Le was sentenced to 12 years, which was reduced to three years and one month after he received credit for time served.)

In 2016, a chartered plane carrying members of Brazil's Chapecoense first division soccer team crashed into a Colombian mountainside near the Medellin airport, killing 71 people. Three soccer players, two crew members and a journalist survived. Aided by dramatic cockpit recordings, investigators determined the jet apparently ran out of fuel.

Do just one thing



By Danny Seo

If you have small packets of mustard in your junk or office drawer, pull them out and put them to good use. Mustard is more than just a condiment; it can also combat odors. If your reusable plastic, glass or metal containers have a lingering scent inside, you can neutralize the smell with mustard. Just squeeze a few packets of mustard into the container and then fill with hot water. Seal it shut and let it sit for a few hours, then rinse with soap and water to reveal your freshly cleaned container.

In Memoriam

Your generous contribution will help finance research into lung disease such as asthma, emphysema, chronic bronchitis and lung cancer.

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NEA Crossword Puzzle

- ACROSS**
- 1 Key's partner
 - 5 Horned animal
 - 10 Made it snappy
 - 12 More unctuous
 - 13 State without proof
 - 14 Charge with gas
 - 15 Break ground
 - 16 Tempe inst.
 - 18 Coast Guard off.
 - 19 Feel at home
 - 22 Got the ball rolling
 - 25 Gaudy trinket
 - 29 Choose
 - 30 Swing wildly
 - 32 Rumba or tango
 - 33 Laissez- —
 - 34 Approached
 - 37 Feeds the kitty
- DOWN**
- 38 Grumble
 - 40 Strike
 - 43 Italian article
 - 44 Sicilian spouter
 - 48 Interstellar dust cloud
 - 50 Flashy car (2 wds.)
 - 52 Like some elders
 - 53 500 in a ream
 - 54 Washes down
 - 55 Consumer gds.
- DOWN**
- 1 Pause in the action
 - 2 Ibsen's home
 - 3 Solo's Wookiee colleague
 - 4 Small barrel
 - 5 Weep over
 - 6 Cottontail
 - 7 John, in Siberia
 - 8 Earns as profit

Answer to Previous Puzzle

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

- 9 Unrefined diggings
- 10 Knock
- 11 Pass out the cards
- 12 Gym offering
- 17 Weep audibly
- 20 Walks in loudly
- 22 Bunk
- 23 Verve
- 24 Wilder or Tierney
- 26 Covered
- 27 Cafe au —
- 28 Gael republic
- 31 "— Girls"
- 35 Uniform
- 36 Pester for payment
- 39 Long sighs
- 40 White hat wearer
- 41 Sacred bird of the Nile
- 42 Float downriver
- 45 Very, for Pierre
- 46 Short, informal letter
- 47 Money-makers for TV stations
- 48 — degree
- 49 — Vegas
- 51 Electrical resistance unit

	1	2	3	4		5	6	7	8	9	
10					11		12				
13						14					
15					16	17			18		
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32							33				
	34				35	36		37			
			38				39				
	40	41	42		43			44	45	46	47
48				49			50	51			
52							53				
54								55			

Your Birthday

WEDNESDAY, NOVEMBER 28, 2018

handle your affairs.

Patience will be required when dealing with matters that could influence your personal finances. Problems will arise if you aren't up-front about what you have and what you owe. Don't trust others to take care of your personal affairs. Protect your reputation and passwords.

SAGITTARIUS (Nov. 23-Dec. 21) — Consider your budget before you spend money on end-of-year festivities or buy gifts for loved ones. Walk away from anyone trying to coax you to be excessive or indulgent.

CAPRICORN (Dec. 22-Jan. 19) — Check the facts before you share information with others. Someone will pass along information that could make you look bad if it's not completely accurate. Question change and people who tend to be unpredictable.

AQUARIUS (Jan. 20-Feb. 19) — An opportunity should not be ignored. Put everything aside and look at the possibilities. Negotiate on your own behalf to come out on top. Get what you want in writing.

PISCES (Feb. 20-March 20) — Don't let anger take the reins. Think matters through and offer reasonable suggestions. If someone wants to be excessive, it doesn't mean you should follow suit. Do what's right, not what's popular.

ARIES (March 21-April 19) — The changes you make should reflect what you can afford as well as how you take care of business. Don't let someone else

TAURUS (April 20-May 20) — Put some muscle behind your plans. Don't wait for someone else to jump in and take charge. Set your plans in motion and don't stop until you are finished.

GEMINI (May 21-June 20) — You'll have plenty of ideas, but before you get started, make sure you have accurate information and that your plans are realistic. Personal change and romance are favored.

CANCER (June 21-July 22) — Do your own thing. Don't feel the need to follow someone else. Trust in your ability and use experience and logic to ensure that you do what's best for you.

LEO (July 23-Aug. 22) — A change will do you good. Make plans to get together with friends or attend an event that will encourage networking. You'll be inspired by the information you receive.

VIRGO (Aug. 23-Sept. 22) — Pay close attention to what's going on at home and with anyone you are in a close relationship with. Look for any sign of discontentment or missing information.

LIBRA (Sept. 23-Oct. 23) — Practice what you preach. Someone will give you something to think about if you don't live up to the standards you expect others to maintain. Personal growth is encouraged.

SCORPIO (Oct. 24-Nov. 22) — Keep the momentum going until you are happy with the results you get. Whether at work or home, it's up to you to follow through with your plans.

WEDNESDAY, NOVEMBER 28, 2018

Over-the-shoulder has hidden problems

By Phillip Alder

In the over-the-shoulder style of bridge literature, the author describes his thoughts as he plays through a deal. The danger is that the writer will be constantly patting himself on the back for his great plays and defenses.

Frank Stewart in "Play Bridge With Me" (Baron Barclay) pulls it off because his deals are instructive. In today's deal, how should South play in four hearts? West leads the diamond 10. East wins with his ace and returns a diamond to dummy's queen.

Stewart (South) began with one heart because he did not want to face the rebid if he opened one club, and partner responded one spade. (One no-trump would have been a big underbid, two hearts a bit of an overbid.) North then had an awkward response, unsure what his minor-suit queens were worth. He compromised by bidding one spade, then showing game-invitational values in hearts, which implied only three-card support.

South could afford one trump loser, not two. That would usually have involved playing East for the ace. Declarer was just about to plunge forward when

North		11-28-18	
♠ K Q 9 6 2			
♥ 8 7 4 2			
♦ Q 5			
♣ Q 10			
West		East	
♠ J 8 4 3		♠ A 10 7	
♥ A 5		♥ J 10 3	
♦ 10 9 8 4		♦ A J 7 3	
♣ 8 5 4		♣ 9 6 2	
South			
♠ 5			
♥ K Q 9 6			
♦ K 6 2			
♣ A K J 7 3			
Dealer: East			
Vulnerable: Neither			
South	West	North	East
1♥	Pass	1♠	Pass
2♣	Pass	3♥	Pass
3NT	Pass	4♥	All Pass
Opening lead: ♦ 10			

he realized that, since he had two club entries on the board, he could afford to make a discovery play first. At trick three, he led the spade king. When East won with the ace, West was marked with the heart ace — why?

East passed as dealer, but was known to have started with the spade ace and diamond ace-jack. Now the only chance was to find East with the heart 10 and jack by running the heart eight from the board.

CELEBRITY CIPHER

by Luis Campos

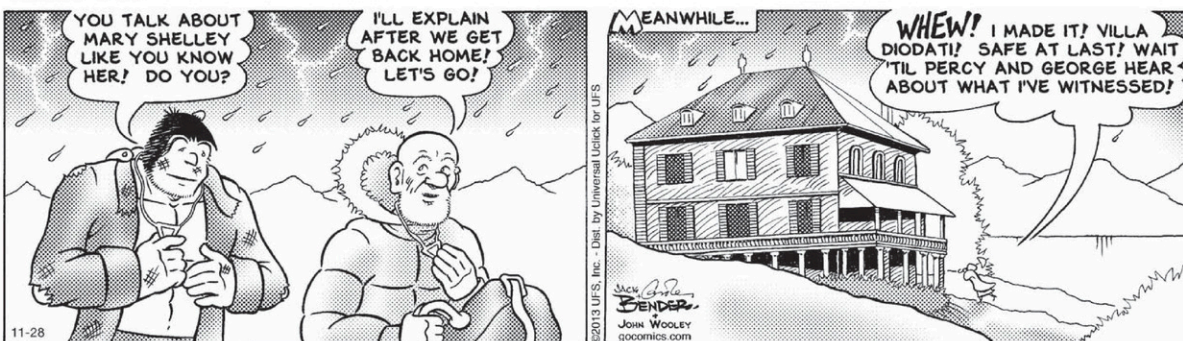
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ WCFPF TPF T IMW MH POIFY WM
EF EPMDFS NS XCMWVPTXCR, TSG
RMO'AF VMW WM CTAF ZMOPTVF.”
— UTLFY BMSV CMBF

Previous Solution: “Photographing ‘Citizen Kane’ was indeed the most exciting professional adventure of my career.” — Gregg Toland

TODAY'S CLUE: W sjenbø 7

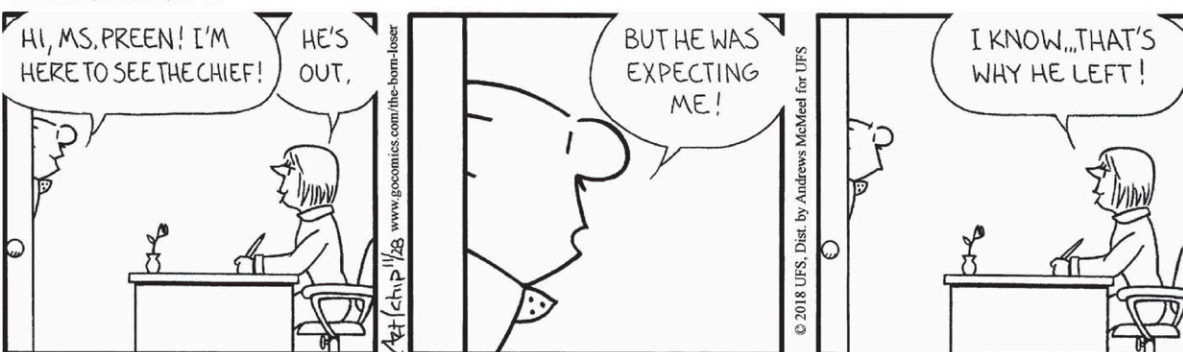
ALLEY OOP



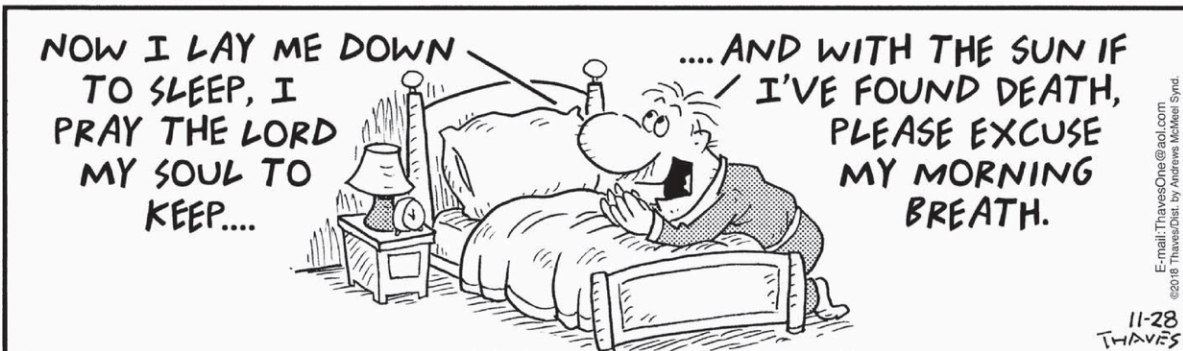
ARLO & JANIS



THE BORN LOSER



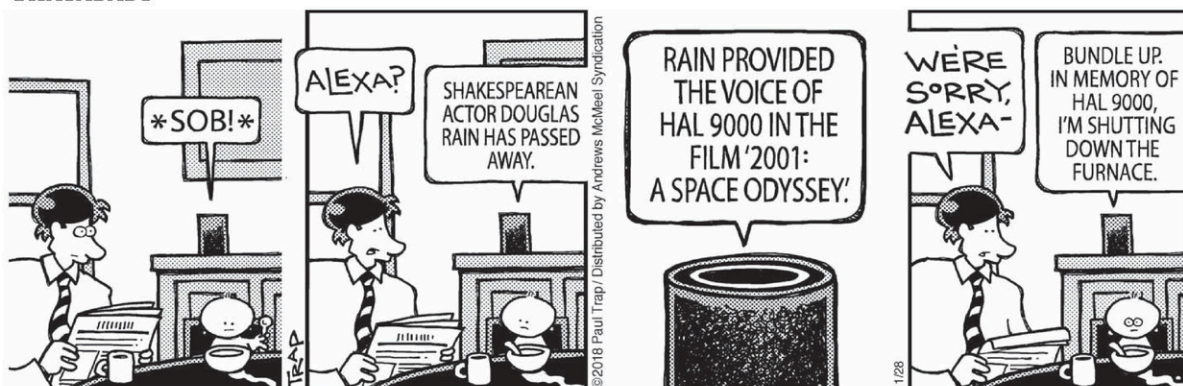
FRANK AND ERNEST



GRIZWELLS



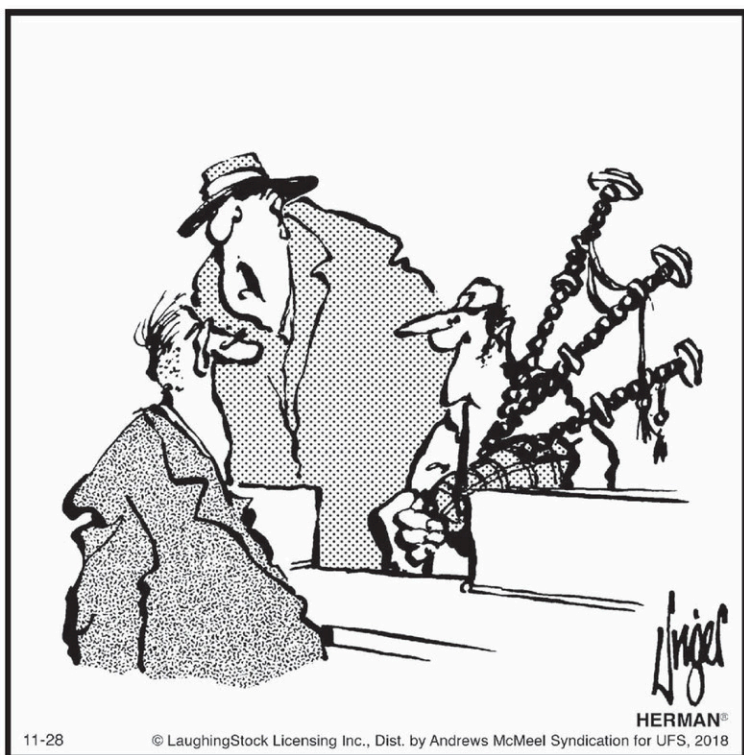
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CLASSIFIED

Occupying handicapped stalls and seats

Dear Annie

WEDNESDAY, NOVEMBER 28, 2018

Dear Annie: What is the etiquette with handicapped stalls in restrooms? When I go into a public restroom and there are multiple stalls to choose from, I like to go with the handicapped one because it's roomier. I imagine that many other people do, too. Is that wrong? If I ever saw someone with a handicap, I would of course yield to that person, but that hardly ever happens. Also, when taking the train, if the car is crowded but the seats reserved for disabled people and seniors are open, is it OK to sit there? — Not Sure in Norfolk

Dear Not Sure: Err on the side of courtesy. If there are multiple stalls to choose from, always opt for a non-handicapped stall. You never know when someone who needs the handicapped stall will enter. If the handicapped stall is the only one open, I think it's reasonable to use it. However, if someone behind you in line has a disability, let that person cut ahead of you to take that stall.

As for the train, always leave those seats open. Not all disabilities are obvious, and you shouldn't put someone in the position of having to ask you to get up.

Dear Readers: Not long ago, I printed a letter from "Sitting Around," a woman who had recently lost her job after many years but was unable to find a new one because of a disability. She was experiencing a sense of inertia. I heard from many readers with additional insights for "Sitting Around." The following letters have practical tips that are worth printing, as they also may help others.

MARGARET B.: "Sitting Around" made reference to being rejected twice for "government help" but not being disabled enough to receive it. She didn't specify whether she had applied for Social Security Disability Insurance, but even if she isn't eligible for

that, she should look into her state's vocational rehabilitation program, which falls under her state education department.

Her doctor could provide documentation to show the extent of her disability and prove her eligibility for VR services. If she were to be accepted in the program, a VR counselor would be assigned to work with her to determine her interests, skills and career goals. She might be eligible for job training or other educational services to improve her skills and job prospects.

SHARON: You left out a major component in your answer to "Sitting Around." She needs to get her doctor to do a complete thyroid blood panel. Women in their 40s may be going through premenopausal symptoms, and antidepressants can sometimes contribute to an alteration of the thyroid. Please tell her immediately to request those tests, or she might continue to suffer, because some doctors don't look at anything unless you tell them. I suffered for 20 years and don't want anyone else to.

DEB Q: Please tell "Sitting Around" to get a full medical checkup — including a complete blood count and tests for her levels of vitamin D and vitamin B-12 — along with the mental health checkup.

I'd also encourage her to review her diet, to get some fresh air every day and to make a list of a few things to do. And she should do the things on the list before allowing herself a reward. When I get a bit depressed, I clean something. It takes my mind off things while I accomplish stuff. Now would be a great time for "Sitting Around" to declutter, while she is not employed and has some down time. And I also encourage her to help others. I'm retired, but I still help the elderly.

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

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SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

11/28

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PREVIOUS SOLUTION

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

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

2018 Christmas Bazaar and Turkey Supper

Once again, the organizers of the Lennoxville United Church's Christmas Bazaar and Turkey Supper were amazed at the number of people who contributed to the success of this community- and family-oriented event. Sandy Davidson's Candy & Fudge Table sold completely out, the contents (fruitcakes, doughnuts, jams, jellies, pies, cakes, cookies and muffins) of Kristan McKercher's Food Table literally evaporated into thin air, the Fish Pond realized its largest profit ever and the Wish Table, Silent Auction Table, Knitting and Crafts Table established new and astonishing records. The Attic Treasures Room is truly a gem of a spot to visit when touring the Bazaar and Jean Coates' beautiful selection of hand-made jewellery exemplifies the true spirit of a church bazaar — Jean creates and enticingly displays her wares and then turns over all profits to support the work of her Church. We were so pleased to have Lyn and David Drew from United Steeples combine their handiwork with that of Ken Porter and the Davidson family at the Crafts Table. The wreaths and wood carvings were just spectacular.

Meanwhile, in the Lower Hall, many were hard at work preparing the food that, once the meal was over, would cause many to rub their tummies and declare ruefully that they had eaten too much — but that they would definitely be back next year! Under the guidance of Margaret Young, Gladys Fisk and Deanna McNab, potatoes were mashed, vegetables were steamed, coleslaw was scooped, cranberry sauce was dished out, rolls were buttered, turkeys were carefully carved, pies were cut into perfectly delicious triangles and tea and coffee was poured. The volunteer servers worked like whirling dervishes to ensure that no plate went unfilled, no pie went undelivered and



no tea or coffee cup was left empty. The teams of dish- and cutlery-washers scrubbed and dried — for hours! And then, when all our guests had left, the clean-up teams worked their magic and, by 9:30 p.m. most of the two Gertrude Scott Halls had been returned to their pre-Bazaar state.

We cannot express too strongly our deep appreciation of all those who donated their time, energy and talents, contributing in untold ways to the gratifying success of this major fundraiser. Again, thanks to your support Lennoxville United Church will be able to carry out its mission in a community that, in return, volunteers in awesome numbers to make this such a success. We hope you know that we could not do this without all of you.

On behalf of Lennoxville United Church, and the organizers of the 2018 Christmas Bazaar and Turkey Supper,

Frankie Noble,
 Publicity Chair

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Experience healing with regenerative stem cell therapy at Stem Cell Centers!



Stem Cell Centers

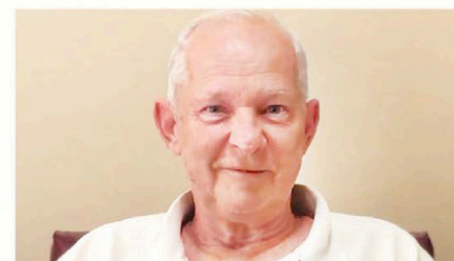
Cutting Edge Treatments, Amazing Results

As a national leader in stem cell therapy, we have successfully treated tens of thousands of patients suffering from chronic pain and other conditions.

- PINS and NEEDLES, TINGLING and BURNING
- OVER SENSITIVITY or REDUCED SENSATION
- CRAMPING and MUSCLE WEAKNESS
- POOR BALANCE and COORDINATION
- SLOW REFLEXES

Gain the Knowledge at one of our free Educational Seminars

Our National Educational Speakers will share with you their expertise and passion about stem cell therapy. Have your questions answered and discover how stem cells could end your chronic pain.



Neuropathy

“My first treatment at Stem Cell Centers, I saw a dramatic change in the way I could walk. I didn’t have to use a walker or cane anymore. I felt very stable. I didn’t have any fear of falling. After my second treatment, six weeks later it got even better.” ~ Gary

View more testimonials on our website!

www.StemCellCenters.com

SHERBROOKE

Mon. December 3
12p & 6p
Delta Hotels
2685 Rue King Ouest

GRANBY

Tue. December 4
12p & 6p
Hôtel Castel
901 Rue Principale

ST. JEAN-SUR-RICHELIEU

Wed. December 5
12p & 6p
Holiday Inn Express
700 Rue Gadbois

MONTRÉAL

Thu. December 6
12p & 6p
Delta Hotel
475 Avenue
(du Président-Kennedy)

RESERVE YOUR SEAT TODAY!
or schedule a **FREE** in-office consultation

(819) 805-0303

SPACE IS LIMITED, CALL NOW!

Financing options available. GreenSky



*Stem cell therapy is still considered experimental by the FDA.