

Marina “hot topic” at North Hatley’s monthly meeting

By William Crooks
Local Journalism Initiative

The future of North Hatley’s marina was a hot topic at the town’s monthly council meeting held Dec. 4 at 7 p.m. Mayor Marcella Davis Gerrish presided over the notably short meeting (around 35 minutes), with a total of three residents in attendance. The low hum of a generator powering the meeting at the town’s community centre could be heard throughout, as the area was suffering from a power outage. Local events, budgeting, and financial aid were also discussed.

On the topic of North Hatley’s marina, it was stated that the council was aware of the many options they had to choose from regarding the marina’s model of operation for the 2024 season. It noted its commitment to an independent and transparent assessment of these options. Thus, it confirmed its decision to hire advisory firm Raymond Chabot Grant Thornton (RCGT) to aid in this task.

During question period, a local resident inquired as to why RCGT was hired to advise on the marina’s future when they are “more financial experts than anything else”. Gerrish acknowledged that the marina is a “hot topic” for those in the municipality. The council reached out to different people to look at the “global situation” to see what can and should be offered at the marina.

CONT'D ON PAGE 3

Galt goes gold

Sporting performances of Galt athletes top tier last weekend



COURTESY

Alexander Galt’s Senior Girls’ Basketball Team, Sherbrooke CEGEP Tournament champions

By William Crooks
Local Journalism Initiative

The basketball and hockey skills of Alexander Galt Regional High School’s male and female athletes dazzled throughout southern Quebec last weekend. Notably, the Junior Boys’ Hockey Team went undefeated and won

the Soulanges Pionniers’ Tournament in Saint Polycarpe, and the Senior Girls’ Basketball Team won a tournament held at Sherbrooke’s CEGEP.

The Junior Boys’ Hockey team won all five games they played on their way to being tournament champions by winning the finals 3-2 against Cardinal-Roy, said Galt’s Athletic Director Robbie

Fisk. The winning goal was scored with 56 seconds remaining in the game. The Senior Boys’ Hockey team lost 1-2 in their final of the same tournament. The Bantam Boys’ Hockey Team went 1-1-1 and failed to make the finals.

The Senior Girls’ Basketball Team

CONT'D ON PAGE 3

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TODAY:
MIX OF SUN
AND CLOUD

HIGH -8
LOW -15



THURSDAY:
SUNNY

HIGH -9
LOW -19



FRIDAY:
SUNNY

HIGH -4
LOW -8



SATURDAY:
MIX OF SUN
AND CLOUD

HIGH 4
LOW 2



SUNDAY:
RAIN

HIGH 8
LOW 4

Operation Nez Rouge in the Eastern Townships: three masters of action for road safety



Sherbrooke, Magog, and Coaticook, three cities, three masters of action - One mission: Promote responsible driving.

The year-end festivities bring joy and celebrations, but unfortunately, they can also be the scene of accidents related to driving under the influence of alcohol. This is where Opération Nez rouge comes into play, a non-profit organization dedicated to promoting responsibility and preventing impaired driving. In the Eastern Townships region, three Masters of Action are mobilizing to offer this crucial service to their communities.

Opération Nez rouge Sherbrooke - University of Sherbrooke Foundation

Located in the heart of the Eastern Townships, Opération Nez rouge Sherbrooke is run by the University of Sherbrooke Foundation. Their mission is clear: to encourage the adoption of responsible behavior to prevent impaired driving. To do so, the organization offers a volunteer escort service.

The local benefits of this service support student-athletes of the Vert & Or of the University of Sherbrooke by contributing to their academic

success through financial aid and learning programs.

Opération Nez rouge Magog and Coaticook - Foundation Sans Détour Magog and Coaticook, two charming cities in the eastern townships, are proud to host Opération Nez rouge under the guidance of the Foundation Sans Détour. The mission of this organization is equally essential: to encourage responsible behavior to prevent driving under the influence of alcohol.

The local impact of this service directly benefits youth, amateur sports, and the promotion of the inclusion of all sexual orientations.

In service from November 24th until December 31st, you are invited to see the details of the various centers at Opération Nez rouge website <https://www.operationnezrouge.com>

The Opération Nez rouge teams in Sherbrooke, Magog, and Coaticook are fully committed to providing an effective and safe escort service. Every year, numerous volunteers mobilize to offer safe escorts to partygoers, reducing the risk of accidents and raising awareness of the importance of not driving under the influence.

Call for Volunteers and Donations

Opération Nez rouge relies on the support of dedicated volunteers to provide its services. If you wish to get involved and contribute to a noble cause, we invite you to join volunteer teams in your region. You can contact the Sherbrooke center at 819 821-4646, the Magog center at 844 533-



COURTESY

8786, and for Coaticook at 819 432-5130

Furthermore, Opération Nez rouge welcomes with gratitude any financial donations that contribute to the fulfillment of their mission. Your support is essential to maintain these escort and awareness services that save lives.

Opération Nez rouge is more than just an escort service; it is a constant reminder of the importance of responsible driving. By collaborating, the three Masters of Action in the region contribute to a safer future on the roads of the Eastern Townships. Do not drive under the influence; let Opération Nez rouge safely escort you.



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Ben by Daniel Shelton



Local News

Labrie's initiative comes amid growing concerns about the impact of the housing crisis on the elderly population.

Sherbrooke MNA Christine Labrie to host info session on tenant rights for seniors

Record Staff

In response to the escalating housing crisis in Quebec, MNA for Sherbrooke, Christine Labrie, is hosting a tenant rights information session specifically tailored for the senior citizens of her constituency. The event is scheduled for Tuesday, Dec. 12, from 10 a.m. to 11:30 a.m., in the basement of Notre-Dame-

du-Perpétuel-Secours Church.

Labrie's initiative comes amid growing concerns about the impact of the housing crisis on the elderly population. "The crisis is widespread across Quebec, and Sherbrooke [has not been] spared. Often, individuals are not fully aware of their rights, leading to situations like unjust evictions or excessive rent hikes that could have

been legally challenged," Labrie stated. She emphasized the vulnerability of seniors in this crisis, noting the potential adverse effects on their health.

The session aims to empower attendees with knowledge about their rights as tenants, focusing on issues such as lease renewals, repossessions, renovations, and the specific rights of

those living in senior residences. The event is designed to be inclusive, with free admission and accessibility for individuals with mobility challenges. Free parking is also available at the venue.

While it is not required, attendees are encouraged to reserve their spots by contacting Labrie's constituency office at 819-569-5646.

Galt sports

CONT'D FROM PAGE 1

Went 3-1, winning their final championship game by four points.

Eight teams participated in the tournament. The Bantam Girls' Basketball Team made a valiant effort

but failed to win a game.

The Senior Boys Basketball Team participated in a tournament at Howard

S. Billings High School in Chateaugay, but Fisk had not yet heard what the results were.



Alexander Galt's Junior Boys' Hockey Team scored with 56 seconds remaining to go up 3-2 and win their tournament's final



Alexander Galt's Junior Boys' Hockey Team, Soulanges Pionniers' Tournament champions

North Hatley meeting

CONT'D FROM PAGE 1

The intention is to then present this information to residents. RCGT has a division with an employee who has previously analyzed three or four marinas to determine "what makes sense going forward".

The resident then asked whether or not the company would be looking at the marina in its context as part of the center of the town. Just the marina, the land the marina sits on, and the services that are offered there, responded Gerrish.

The resident emphasized she thinks anything that happens with the marina must be part of an overall vision for the center of town. She worries that money will be spent on the marina that will not take into account other related problems with the center of town, particularly the fact it is a flood zone. Gerrish assured her that "all of that" will be taken into consideration.

Gerrish insisted the municipality will continue to own the marina and it is, therefore, its responsibility to figure out what it can do with the marina "without hurting anyone in the process". Not everything in the center of town is owned by the town, Gerrish noted. Gerrish reaffirmed that there will be a public consultation pursuant

to RCGT's findings. "The goal from day one... was to include the population, because it's our decision," Gerrish said.

General Director Benoit Tremblay assured the resident that RCGT was qualified and this was only the first step towards determining what is to be the "global vision for the future" of the area. The resident asked to see the contract in question, but was told only the "service offer" could be made public, which will be put up on the town's website shortly. RCGT's analysis is predicted to take eight weeks.

Gerrish thanked members of the town's public works department for helping with the second annual "lighting of the Christmas tree" event held Dec. 1. Some 30 to 60 locals attended and enjoyed the hot chocolate, coffee and donuts provided. It was nice to see such a turnout, given the bad weather, she added.

The town's Christmas market will be held Dec. 9, from 1 p.m. to 8 p.m., in River Park. An extraordinary public meeting of the council will be conducted Dec. 13 concerning the adoption of the town's 2024 budget. The Environment Committee will be putting out a series of "enviro-letters", starting in December, explaining the various environmental concerns it has; its first will detail what it thinks



WILLIAM CROOKS

North Hatley's Town Council conducts its monthly meeting, using a generator, during a power outage

is the best way to manage the town's "shoreline zone".

Two new town workers were confirmed as hired. The council reported that \$44,361.72 was spent in total wages for the town's employees in November. Monies amounting to a maximum of \$104,045, before taxes, were confirmed to pay for renovations on the community centre for "better energy efficiency". Two resolutions were adopted to allow local residences to make minor

modifications to their buildings. A resolution to put in a request for financial aid to improve the community centre for its new temporary role as a "child centre" was adopted. At the request of the MRC, the council adopted new regulations concerning alarm systems in the municipality. The council renewed a contract with the Red Cross, for \$225, concerning helping "those in need".

The meeting was adjourned at around 7:35 p.m.

Christmas traditions – card writing



CHARLES TAKER

ALL IN GOOD TASTE

In these last few weeks, I have written extensively about my Christmas food traditions. If you read last week, you know that I have now finished those preparations. All I need now is a turkey and I will be all set for Santa and the baby Jesus. In these next few weeks in the lead-up to Christmas, I would like to talk about a few of my other traditions such as card writing, carol singing and gift giving.

You've probably figured it out by now that I am pretty traditional when it comes to my holiday observances and Christmas is but one of them. As I write these lines, I am taking a break from my Christmas card writing after a full day of visiting

my favourite antique shops. Is there anything better than a nice hot cup of tea and a scone with some fresh lemon curd as you write cards on what feels like a wintry night? As you can see, from the photos, I've already begun receiving cards. From the quantity I get each year, I know I am not the only person to send cards, but our numbers are diminishing in favour of electronic greetings or sadly none. With the cost of cards and the even crazier price of postage, it is no wonder that this once popular tradition is waning.

Having been fascinated with personal stationary from the time I could write cursively, I enjoy sending and receiving handwritten notes and cards. This has been one of my Christmas traditions that endures from as far back as I can remember. During an age when communications were not as frequent or easy, it was especially a time to re-connect with our friends and relations in various parts of the country or from further afield and exchange the greetings of the season while sharing the latest family news and photographs or latterly by including the generic "boast letter" insert as my mother often referred to them. Last year, I didn't write cards. I had suffered the loss of my dear mother and six months to the day, our beloved Queen. These

two women were pillars in my life for different reasons; they represented stability, tradition and were my de facto frames of reference for seeing the world. In my sadness, I exercised the Irish prerogative of not sending Christmas cards during the year of a major bereavement and sat last year out. As Christmas approached, I somewhat regretted that decision and felt guilty as countless people sent me their Christmas wishes and I had not reciprocated. This year I am back in full force and have finished the first twenty-five cards.

Finding nice Christmas cards each year is also becoming a challenge. My cards tend to have a religious Christmas image and

I typically purchase them from various charitable sites or bookstores throughout the year. If there is a particularly nice card I receive, I often look on the back to see where it was sourced and order a couple of boxes during the post-Christmas Boxing Day sales.

Is this a tradition that you too observe? Have you given it up for one reason or another? If so, what is your preferred way to express your holiday wishes? As always, I enjoy reading your feedback. Please e-mail me at charles@atasteofoscarlodge.ca If you have made my Christmas cake or pudding recipes, send me photos or tell me how they worked out. Next week, I want to talk about carol singing.



ALEXANDER GALT CHRISTMAS BASKET CAMPAIGN 2023

At this time of the year, it is always heartening to see the unwavering support of our local community towards the AGRHS Christmas Basket campaign. Since 1999, the numerous donations have help us bring the Christmas spirit to less fortunate families in the Alexander Galt Regional High School sector.

Such initiatives play a crucial role in making a difference in the lives of those who need it the most. I truly believe that the community's generosity will make this campaign a success once again.

Let's work together to bring hope and joy to the families around us during the holiday season.

Please, make cheques payable to
AGRHS Christmas Basket Campaign
 (tax receipts issued for \$10+ donations):
and mail to: AGRHS

P.O. Box 5002, 1700 rue College, Sherbrooke, QC, J1M 1Z9

Thank you for your generosity!



CHARLES TAKER

Four Townshippers honoured with Duke of Edinburgh Gold Award

Four Townshippers achieved a milestone by completing the Gold level Duke of Edinburgh Award (DofE). Nick Sylvester, Zachary Lapointe, Robert Weary and Kathleen Weary were invited to their International Gold Award Ceremony in Montreal on Oct. 27. After multiple postponements because of Covid gathering restrictions, the presentation was held in Montreal for three of the four recipients of the Lennoxville United Church DofE group. Lieutenant Governor of Quebec, Joseph Michel Doyon, presided over the ceremony with the appropriate pomp and ceremony. Nick will be attending a ceremony in Alberta where he is currently living.

The DofE program, now celebrating its 60th year, was created by the late Prince Philip to empower youth. Participants must complete a rigorous program of personal, community, academic and athletic activities that will help them develop life long skills and better face life's challenges.

It's heartening to see how the four Townshippers have translated the skills and experiences gained through the program into successful and promising careers. Zachary's pursuit of a Ph.D. after completing his Master's Degree in Philosophy is impressive, especially with his focus on ethical considerations related to euthanasia. Robert's commitment to education as a high-school teacher while working on an MA at McGill,

coupled with his interests in outdoor activities and music, showcases a well-rounded individual. Kathleen's passion for global governance and diplomacy with a Master's from the University of Oxford, particularly in the context of climate action working for the World Bank, is both timely and impactful. Nick's exemplary service with the Canadian Armed Forces reflects his diverse roles within the military and his dedication to duty.

The values instilled through the DofE program, such as commitment, a spirit of adventure, and perseverance,



Left to Right, Kathleen Weary, Lieutenant Governor of Quebec, Joseph Michel Doyon, Zachary Lapointe and Robert Weary

have certainly played a crucial role in shaping these individuals into successful young leaders. The support they received from their families, communities, especially the Lennoxville United Church and the wider Lennoxville community, highlights the importance of collective encouragement in individual achievements. Congratulations Zachary, Robert, Kathleen and Nick!

Submitted by Ann Maher, Leader of the DofE Lennoxville United Church Group



COURTESY

Nick Sylvester

Officials in Quebec investigating after two deaths in Montreal area hospital ER

By Thomas MacDonald
The Canadian Press

Quebec's health minister on Tuesday defended his government's efforts to reduce wait times in hospitals, yet admitted it was "completely unacceptable" two people died in a Montreal-area emergency room last week.

The deaths at Anna-Laberge hospital, in Chateauguay, Que., south of Montreal, are now the subject of investigations by the Quebec coroner's office and the local health authority, Centre integre de sante et de services sociaux de la Monteregion-Ouest.

Health officials have refused to provide details, including the dates the deaths occurred.

The two patients died during what the authority described in an email on Tuesday as a period of high traffic and "very high" wait times in its facilities.

On Tuesday, a government website listed an average waiting room stay of nine hours and 44 minutes at Anna-

Laberge hospital, where stretcher occupancy was at 206 per cent capacity.

"Every effort is being made to reduce the pressure on emergency departments, for the well-being of both teams and patients," the authority that oversees the hospital said in the statement, adding that meetings were underway with the provincial Department of Health and other regional officials to address the situation. "We will never compromise on patient safety."

The two deaths prompted Quebec Health Minister Christian Dube to pay a "surprise visit" to Anna-Laberge on Sunday to "take the pulse of what's happening on the ground," his office confirmed by email on Tuesday.

"One thing is certain: we need to improve the situation not only in our emergency departments, but throughout the entire patient journey, from pre-hospital to post-hospital," the statement said.

In response to overloaded hospitals and long wait times, Dube in October

appointed a coordinator to, among other things, find ways emergency rooms can process patients more quickly.

Dube told reporters in Quebec City on Tuesday that he asked the coordinator to meet with doctors at Anna-Laberge to discuss the situation at the hospital.

"We're going to follow this very, very closely," the minister said.

The deaths in Chateauguay came more than a year after Quebec began implementing recommendations from a government "crisis unit" dedicated to reducing stress on emergency rooms.

Dube on Tuesday praised the unit's work, but said some hospitals, partly because of management roadblocks, have yet to apply its recommendations. The minister pointed to his pending health reform legislation, known as Bill 15, as a solution.

Meanwhile, the next few weeks could further exacerbate crowding in Quebec emergency rooms. In a separate news release Tuesday,

the Health Department warned of possible "higher-than-normal" wait times in the month ahead for some front-line services amid public-sector strikes and a propagation of respiratory viruses.

The province's 811 health-care hotline, for example, maintains only 60 per cent of its nursing staff on strike days, according to the department. It assured that it would continue to offer essential services at all times, but encouraged Quebecers to seek care outside of emergency rooms for non-urgent situations.

"I'm being very transparent: it's going to be tough," Dube said, describing the anticipated additional pressure on the health network in the coming weeks.

He asked Quebecers who contract viruses to call their pharmacists, family doctors and the 811 line before visiting an emergency room.

"Maybe two hours on the phone is better than being at the emergency (room), where it's very long."

EDITORIAL

Despite global agreements and rapid progress in renewable energy technologies, the world is nowhere near on track to meet climate goals agreed to at the 2015 Paris COP21 climate summit.

SCIENCE MATTERS

The world is counting on COP28 climate summit to yield results

By David Suzuki

The news is more alarming every day: Heat records breaking worldwide. Greenhouse gases soaring to unprecedented levels. Sea levels rising at distressing rates. Record heat fuelling disease outbreaks. World facing 3 C of warming. Scientists' warnings becoming increasingly urgent.

Despite global agreements and rapid progress in renewable energy technologies, the world is nowhere near on track to meet climate goals agreed to at the 2015 Paris COP21 climate summit. Why do so many insist on continuing with business as usual in the face of such a crisis? Why can't we agree that our fossil-fuelled consumer economic system is failing and that we need new ways of seeing and acting?

Why do so many insist on continuing with business as usual in the face of such a crisis? Why can't we agree that our fossil-fuelled consumer economic system is failing and that we need new ways of seeing and acting?

Can we expect ambition to increase as delegates from the world's nations gather for the 28th Conference of the Parties to the Framework Convention on Climate Change (COP28) in the United Arab Emirates? It's easy to be cynical: this year's conference is being held in an oil-producing country and

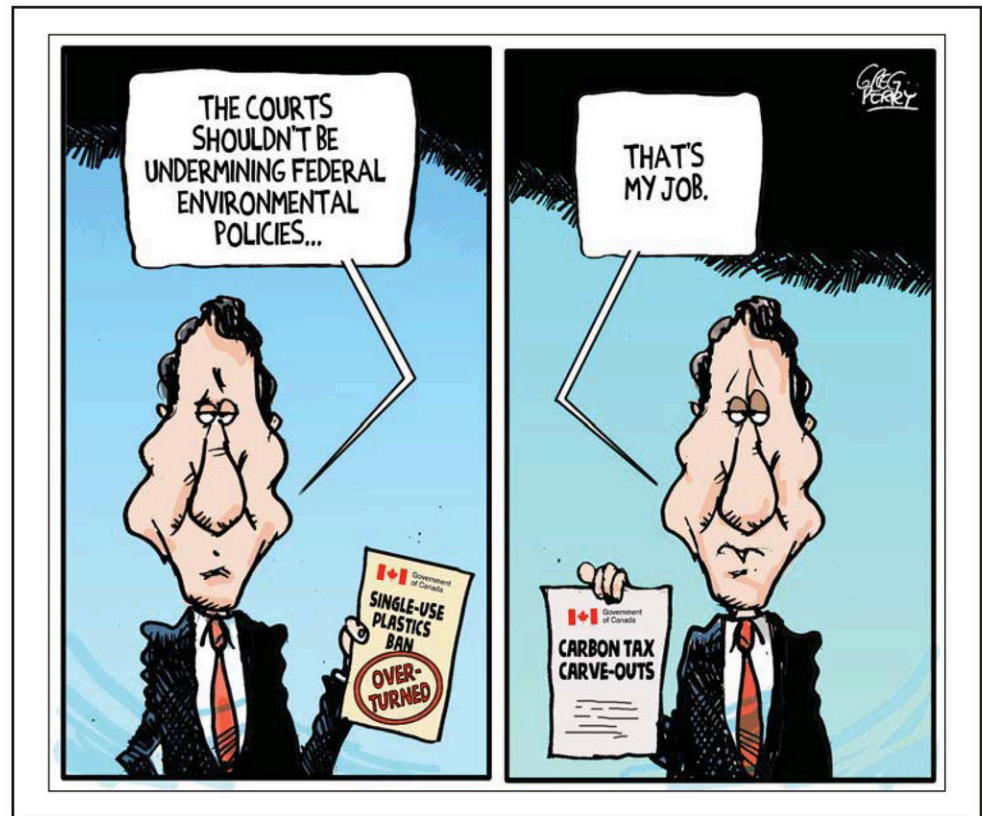
is headed by an oil industry executive.

But it does present opportunities, especially in light of recent pledges by the world's biggest climate polluters, the United States and China, to work together to accelerate climate action. It's also a great opportunity for our own oil-producing country to play a leading role in answering the urgent call for plans and solutions to address a problem mainly caused by a few industrialized countries — especially those at the top of the economic ladder. (A new study shows the wealthiest one per cent of humanity is responsible for more carbon emissions than the poorest two-thirds!)

People in Canada and around the world are demanding action through protests, petitions, letters, votes and lawsuits. We can't let the fossil fuel industry drown out our voices.

People in Canada and around the world are demanding action through protests, petitions, letters, votes and lawsuits. We can't let the fossil fuel industry drown out our voices. That COP28 is being hosted by oil profiteers highlights Big Oil's influence, as does an outsized lobbying effort. Last year's conference was attended by more than 600 oil and gas industry lobbyists, an increase of 25 per cent from the previous year, dwarfing representation from Indigenous Peoples, African nations and environmental organizations.

Industry exerts enormous



influence over governments in Canada and elsewhere. Despite annual promises from industrialized countries dating back to 2009 to end them, worldwide subsidies for the most profitable industry in history are rising, up to about US\$7 trillion a year — or \$13 million a minute!

Ultimately, we need to shift to new systems, but world leaders must also focus on immediate problems and solutions. The benefits to rapidly phasing out coal, gas and oil are indisputable, especially if attention is paid to ensuring a just and equitable transition to less wasteful ways of living and cleaner energy sources.

The most critical aim is to slow and prevent the ever-worsening impacts of a heating climate — from droughts and floods to heat domes and hurricanes

The most critical aim is to slow and prevent the ever-worsening impacts of a heating climate — from droughts and floods to heat domes and hurricanes — so that humans are able to survive and live well. Shifting away from fossil fuels will also reduce pollution and related health issues and costs. And it will help tackle the growing affordability crisis. Power from sources like wind and solar, even

with storage technologies, now costs less than power from gas, oil and coal — and prices continue to drop.

Fossil fuel markets are notoriously volatile, with industry taking advantage of global crises like war and economic desperation to reap even greater profits. And as supplies start to diminish, costs rise, especially as industry has to rely increasingly on dirtier fuels that are more difficult and expensive to extract and process, such as oilsands bitumen. Renewable energy never runs out, and improving storage technologies and updating power grids make it even more stable and viable.

Done right, ending the fossil fuel era will also create greater economic equality, as fossil-fuelled consumerism mainly rewards those who produce the most wasteful products and disproportionately harms those at the mercy of fluctuating markets and rising prices.

This isn't something we can just put off, or leave to the children and those yet to be born. The climate crisis is here, and it's causing numerous other crises, from affordability issues to species extinction. We need governments at all levels to join with industry to heed the call from scientists and citizens to act quickly to reduce emissions. That means leaving fossil fuels in the ground!

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

Learn more at david Suzuki.org.

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16 DAYS OF ACTION

A day of remembrance and a time for activism



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Annie St-Arneault

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Geneviève Bergeron

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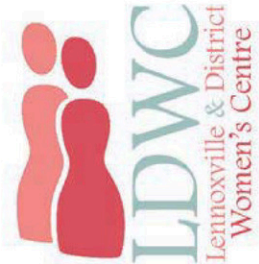
Maryse Leclair

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Nathalie Croteau

Barbara Daigneault

Sonia Pelletier



Geneviève Bergeron (21), Hélène Colgan (23), Nathalie Croteau (23), Barbara Daigneault (22), Anne-Marie Edward (21), Maud Haviernic (29), Barbara Klucznik (31), Maryse Laganière (25), Maryse Leclair (23), Anne-Marie Lemay (22), Sonia Pelletier (23), Michèle Richard (21), Annie St-Arneault (23), and Annie Turcotte (21).

Each December 6, we usually gather to remember and mourn these victims of the 1989 École Polytechnique Massacre, where 14 bright young women were singled out and murdered because of their gender. It is a sombre anniversary and one that now acts as a memorial for all victims of violence.

Systematic misogyny is at the root of patriarchy and this tragedy. It is an uncomfortable truth that some still feel the need to control women, and when they are unable to control them or bend them to their will, they exert power over them with acts of violence.

Gender-based violence can be both physical and emotional. It may take the form of bullying, stalking, harassment, hitting, manipulation, cyber-violence, sexual abuse, trafficking, rape and murder. Any behaviour that attempts to control, humiliate, intimidate, coerce or threaten in order to gain or maintain power and control over another is abuse.

Anyone can be abused, no matter their background, identity, social standing, education, or circumstance. Abuse is found in all sectors of society. But women, girls, Indigenous women, those with disabilities and gender-diverse people face a higher risk of gender-based violence than the general population.

Despite past efforts to eliminate gender-based violence, incidents are

on the rise in Canada. Safe houses are full to bursting and unfortunately, this rise also includes murder, the most extreme form of violence. The Canadian Femicide Observatory for Justice and Accountability reports that in 2020, 160 women and girls were killed by violence in Canada. In 2021, the number rose to 173. In 2022, 184 women and girls were killed by violence. One woman or girl is killed every 48 hours in our country—a horrifying statistic.

Murder is at the extreme end of gender-based violence, but we should not discount the damage done by other forms of violence. Eroding a person's psychological well-being also erodes their ability to be a contributing member of society. Physical health problems associated with intimate partner violence include chronic pain, irritable bowel syndrome, fibromyalgia, sleep disorders, and a general reduction in quality of life.

It is important to note that domestic violence can have devastating effects on children in the household. According to a report in 2020 from the Centre for Research and Education on Violence Against Women and Children, exposure to intimate partner violence can have the following potential impacts: anxiety, depression, difficulty forming attachments, mental health issues, post-traumatic stress, and substance abuse problems.

Children who witness violence in the home have twice the rate of psychiatric disorders than children from non-violent homes and those who witness ten or more incidents of domestic violence before the age of sixteen are at least twice as likely to attempt suicide than their peers.

Considering these statistics, the rallying cry for the 2023 16 Days of Activism against Gender-based Violence is certainly appropriate. Invest to Prevent Violence against Women & Girls is the theme this year. It is evident that more must be done to prevent this destructive violence from rising further. We must call on our government to invest in anger management programs and sensitization workshops for those

who are abusive. More safe houses are needed so all those in danger can find sanctuary, where they can begin to reclaim their lives.

Unfortunately we will not be holding a public vigil this year due to a staff shortage, but we hope that those in our community will take a minute out of their busy lives on December 6 to remember all victims of violence and

mourn those who's lives were taken from them far too soon. We must do better as a society, because no one in our country deserves to live a life filled with fear and pain. Let's speak out for those who can't speak. Let's keep our eyes out for neighbours in jeopardy. Together, we can make a difference and begin to walk toward a future free from violence.

SECRET SANTA
Holiday Gift Campaign

Help Brighten a Family's Holiday!

The Secret Santa Campaign pairs kids of all ages with community sponsors so no one goes without this Holiday Season

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THE CAMPAIGN RUNS FROM NOVEMBER 15 TO DECEMBER 6

CHARITABLE TAX RECEIPTS AVAILABLE FOR MONETARY DONATIONS.

Lennoxville & District Women's Centre | THE RECORD | PRINTED AND DISTRIBUTED BY PRESSREADER

Do just one thing



by Danny Seo

Using an automatic dishwasher at home is more energy- and water-efficient than washing by hand, and it's even more efficient if you run the dishwasher during nonpeak hours, which are usually after midnight or during the early morning. But instead of waking up in the middle of the night to turn on the dishwasher, check to see if yours has a "delay" feature. This allows you to fill up the dishwasher and load detergent during the day, then set the wash to start automatically whenever you want, preferably during nonpeak hours.

Date Book

WEDNESDAY, DECEMBER 6, 2023

Today is the 340th day of 2023 and the 75th day of autumn.

TODAY'S HISTORY: In 1492, Christopher Columbus became the first European to set foot on the island of Hispaniola, now the Dominican Republic and Haiti.

In 1790, the U.S. Congress moved from New York City to Philadelphia.

In 1877, the first edition of The Washington Post was published.

In 1957, two months after the Soviet Union launched Sputnik, the United States attempted to launch its first satellite, but the Vanguard rocket exploded on the launch pad.

TODAY'S BIRTHDAYS: Joyce Kilmer (1886-1918), poet; Ira Gershwin (1896-1983), lyricist; Alfred Eisenstaedt (1898-1995), photojournalist; Baby Face Nelson (1908-1934), criminal; Dave Brubeck (1920-2012), jazz pianist; Steven Wright (1955-), comedian; Nick Park (1958-), director/ animator; Judd Apatow (1967-), filmmaker; Craig Brewer (1971-), filmmaker; Giannis Antetokounmpo (1994-), basketball player.

TODAY'S FACT: The world's first pediatric heart transplant (which was also the first human-to-human heart transplant in the United States) was performed at Maimonides Medical Center in Brooklyn, New York, on this day in 1967.

TODAY'S SPORTS: In 2003, after a loss to the Navy Midshipmen, the Army Black Knights became the first Division I college football team in history to finish the season 0-13.

TODAY'S QUOTE: "If you think nobody cares about you, try missing a couple of payments." – Steven Wright

TODAY'S NUMBER: 898 – steps to the top of the Washington Monument when it was completed on this day in 1884. (The bottom step was later converted to a wheelchair ramp, bringing the total to 897.)

TODAY'S MOON: Between last quarter moon (Dec. 4) and new moon (Dec. 12).

MS lives here.

Multiple sclerosis never hits just one person. It affects the entire family.

MS Multiple Sclerosis Society of Canada
1-800-268-7582 www.mssociety.ca

Carbon monoxide monitors key to prevent poisoning



ASK THE DOCTORS

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

Dear Doctors: We set up a carbon monoxide monitor in our new house, and it went off right away. It turns out the vent to the hot water heater was blocked. I've heard that even a little bit of carbon monoxide can make you sick. Why is it so dangerous?

Dear Reader: Carbon monoxide, or CO, is a colorless and odorless gas. It is one of the byproducts of the combustion of carbon-based fuels. Common household fuels – such as natural gas, propane, oil, gasoline, kerosene and wood – release CO when they are burned. If the appliance burning the fuel isn't vented properly, carbon monoxide can begin to accumulate in the room and seep throughout the home.

Fuel-powered stoves, furnaces, water heaters, dryers, boilers, grills, lanterns and generators all produce CO. It is also emitted by wood-burning stoves, fireplaces and charcoal grills. Bottom line: Virtually any substance that contains carbon will produce carbon monoxide when it burns.

Even brief exposure to carbon monoxide can be fatal due to its chemical structure. Carbon monoxide binds to the hemoglobin in the blood far more easily than oxygen. That means when carbon monoxide is present in the air someone is breathing, it replaces the oxygen molecules in the blood. This starves the body of oxygen.

Cells and tissues that are denied oxygen will quickly suffer damage and begin to die. For example, brain cells deprived of oxygen begin to die after just three minutes. Beyond that,

permanent brain damage begins to occur.

Symptoms of CO poisoning include headache, dizziness, blurred vision, suddenly feeling weak or tired, nausea, vomiting, confusion, shortness of breath, loss of muscle control and loss of consciousness. Individuals who survive CO poisoning can experience lingering effects, including ongoing problems with movement, cognition and memory.

It is estimated that carbon monoxide poisoning kills more than 420 people each year, and an additional 2,000 people require medical treatment. These numbers include infants, children and adults of all ages.

The CO monitor you installed in your home is an important safety feature. In many states, they are required by law. These monitors, which plug into electrical outlets and have backup batteries, are sensitive and accurate. They are affordable and widely available at retail stores and online.

A CO monitor works the same way as a smoke alarm. That is, it contains special sensors that detect the presence of carbon monoxide. If concentrations reach unsafe levels, it trips an alarm.

It is also important to take precautions against CO buildup, particularly in cooler months when outside ventilation is limited. Keep fireplace dampers wide open when burning wood, and wait for ashes to cool completely before closing them. Never heat a room with a gas stove or a gas or charcoal grill. Keep gas generators, which produce CO in their exhaust, at least 20 feet away from the house.

If CO ever does reach unsafe levels, the alarm in the monitor will go off. All humans – and don't forget the pets – in the home should go outside immediately to breathe fresh air. Call 911 to report the danger.

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



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Give until it hurts no more

ERASE THE PAIN

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RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMS, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

Request for family time is refused

Dear Annie

WEDNESDAY, DECEMBER 6, 2023

Dear Annie: I am very close to my daughter and granddaughters, even though they live in Wisconsin and I live in Mississippi. They come to visit during spring break every year, and I will go see them sometime during the year as well. My oldest granddaughter will turn 13 before summer break, and I would like to have her visit for a couple of weeks during the summer; however, my daughter keeps saying no. She is afraid and doesn't want to be that far away from her.

However, she did let my ex-husband take her for a week to another state that was farther away than I am. She says she trusts me with her, but she keeps saying no. I told her I would drive up to get her and drive back to bring her home. I also reminded her that my siblings and I used to visit our grandparents for the entire summer every year, and back then we were put on a plane by ourselves. I was the oldest and the four of us – my three younger siblings and me – got on a plane and our grandparents would pick us up.

I am not asking her to do that. How can I get her to understand that a couple of weeks with her grandma in the summer would be very good for her? I am not asking for the whole summer. I also would love to have both granddaughters, but the youngest is 3 and I know she will not budge on her. Please help a mamaw. – A Summer Visit

Dear Summer Visit: While it would be nice for you and your granddaughter to have some time together at your house in Mississippi, it sounds like that is not what your daughter in Wisconsin wants right now. Can't you go spend time with them? I know that it was different from the way you used to interact with your grandparents, but this is the way it is. Your best bet is to visit them. It's not the location so much as the quality of time spent together. Don't ruin what could be a lot of great quality time spent with your grandchildren, all because it is not in your house but at your daughter's.

Dear Annie: About six months ago, a friend convinced me to let her rent my finished basement for a reasonable monthly fee. But her behavior has become a problem. Her rent is always late. She doesn't respect boundaries; she's not clean or respectful and can be downright nasty! I have asked her to move out, but she says she can't find anything she can afford. We have no legal lease. What are my options? – Lost My Peace

Dear Lost my Peace: Your home should be a place where you feel comfortable and safe. Your "friend's" behavior is bringing about the opposite of peace. You have to be firm, tell her it is time to leave and give her a reasonable deadline, such as two weeks or 30 days at the most. This is your house, and you have every right to have who you want live there or visit you.

Dear Annie: My brother has a chronic mental illness. For all his life up until two years ago, he lived in the same city as my long-divorced parents, and there he received support from them as well as from community mental health services. Two years ago, he moved to another city, one he has long felt strongly drawn to and that is far from our parents, me and any other family members.

My parents have continued to provide him with financial support, but neither of them can continue doing this, at the rate they have been, for much longer. My father told my brother that he needs to get connected to mental health/life skills services in the new city or my father will gradually decrease the monthly amounts he sends. The main goal is to find a professional who will help my brother manage the money he receives from my parents.

My brother does not seem to remember the mental health and life skills services he's had in the past. He says that he doesn't need them now. He is incredibly resistant to any discussion about this.

My father has indeed started decreasing my brother's monthly stipend. My brother already lives below the poverty level and, if he doesn't comply with my father's contingencies, it's likely that he'll soon be homeless. My brother has social security benefits and housing assistance, but that alone is not enough to live on. He believes he can't work. He needs my parents' stipends for basic necessities.

He is scornful of suggestions we offer regarding budgeting, using local food banks, washing his clothes by hand (his laundry expenses are unusually high) and the like. He does not spend the money my parents send him wisely, and he continually asks for more. We are just hoping that there are services that will help him budget and conserve his money, and that he will use them. We have provided him with all the information we have found about services local to him and have offered to call them with him. He responds with belligerence.

Annie, my questions are: One, do you

think my dad is doing the right thing by making his financial support to my brother contingent on him seeking services? And two, can you think of anything we haven't yet tried to support him in gaining those services? – Worried Sister

Dear Worried Sister: It's difficult to watch someone you love struggle in the way your brother has, but your father's approach has purpose. There's a difference between supporting your brother in a way that's beneficial and enabling his dependence. Your brother needs people in his corner, and he has that. He must also be willing to help himself, especially if he's set on living alone.

The suggestions you've all made to him are good ones. I also wonder if seeing a doctor wouldn't be the best next step. He feels he cannot work – is that purely due to his mental health, or is there a physical issue that needs to be addressed, too? Continue to be a shoulder he can lean on while vehemently insisting that he utilize local resources and take steps to better his situation – before homelessness becomes not a possibility, but a reality. Ultimately, asking for help isn't a sign of weakness: It's the greatest sign of strength.

Dear Annie: My husband died in February 2020, just a few weeks after our 25th wedding anniversary. He was 12 years older than me, and this was a second marriage for both of us.

Our sex life started out amazing but came to a screeching halt about 13 years in, after he developed what he called a "friendship" with a co-worker. I called it an emotional affair, which he adamantly denied. Counseling worked short-term, and their relationship ended when she moved across country (with his help). I continued with counseling without his knowledge, and the counselor was supportive of me. My husband kept saying he was "content" with being abstinent.

We lived the next 12 years as brother and sister, although we had many fights over trivial things that had never been an issue before. To friends and family, we were madly in love.

Inside, I was seething over his worsening lack of empathy toward the intense stress of my job. I quit trying to vent about any issue I was facing because he would go into a rage about whoever was upsetting me – yelling about "how dare they" and "you should sue." Then he would calm down and say how glad he was that he got that out of his system. All I wanted was a hug and

some empathy.

The day after his untimely death at age 72, my sons came over to remove his guns, as they know I dislike having guns in the house. One pistol was missing, so I checked my husband's dresser drawers (he did his own laundry). I was stunned to find a picture of him and his old co-worker together.

Friends and family think my husband was perfect. He was the life of the party and extremely intelligent. I have such overwhelming feelings of anger toward him. No one knows, and people continue to talk about missing him and how great he was.

I have no intention of ever having another romantic relationship (I'm 64) because I cannot work through the anger and I don't think I could trust another man.

Do you think counseling would help? I have very little money left each month, and my insurance doesn't cover it. My two closest friends do not know, and I hate to ruin their image of this "perfect" man. – Can't Get Rid of Anger

Dear Can't Get Rid of Anger: Yes, I think counseling would help. You are holding so much inside, and you need to confide in someone. Why hold up an image of a perfect man? First of all, no human is perfect, they are only human, so try to let that image go. Twelve years of no intimacy and feeling like you were being lied to is difficult, to say the least. You have to process that and confide in your friends and a therapist as to the pain you suffered for all those years and how betrayed you felt when you saw a photo of him with his co-worker.

You didn't do anything wrong, and it makes it more challenging because you can't physically talk to him to work through the issues. Best of luck to you and please know that you don't have to hold up a perfect image of your husband – or of yourself, for that matter. You kept saying that on the outside it looked like the perfect marriage; what does it matter what it looks like to other people? What matters is how you felt in your marriage and how you can heal those wounds.

"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.



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CELEBRITY CIPHER

by Luis Campos

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

“ J W G S G C F P K E ' F F K D M K E J F V N E O
J W G R K E F W G F W X H N X M R N F V W G F
A G F F N E O C W Y M F V N E O I K P D N E
M T P V K E O M . ” — A N A M U H K G U N M

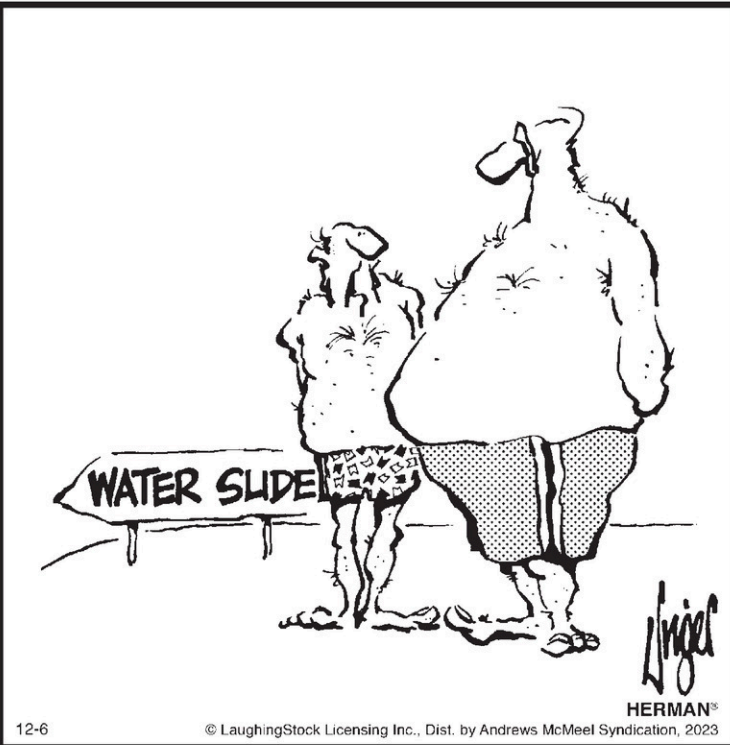
Previous Solution: “Either you're growing or you're decaying; there's no middle ground. If you're standing still, you're decaying.” — Alan Arkin

TODAY'S CLUE: W s j e n b e r A

REALITY CHECK



HERMAN



“You go ahead of me. I think you're faster.”

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



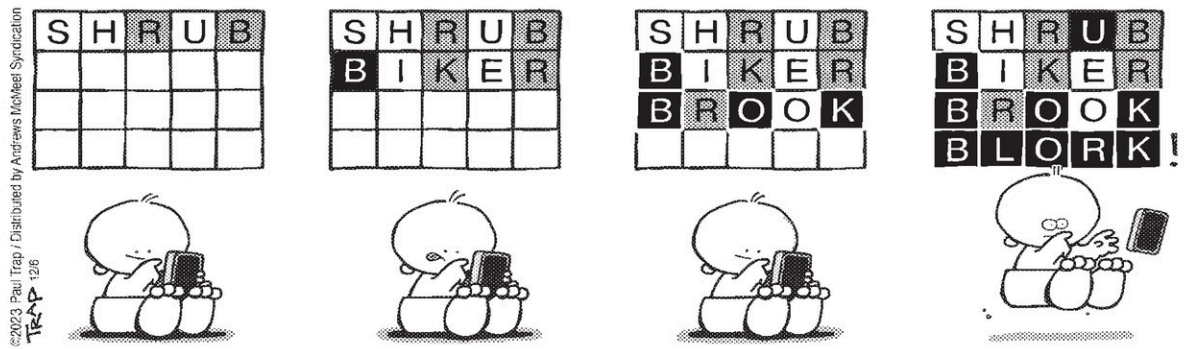
FRANK AND ERNEST



GRIZZWELLS



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 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

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DIFFICULTY RATING: ☆☆☆☆☆

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

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PREVIOUS SOLUTION

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

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

THE RECORD

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If interested,
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THE RECORD

Job Opportunity

The Record is seeking a dynamic, focused **Marketing and Sales Representative** to present its print and digital packages to advertisers and institutions.

The successful candidate will have an understanding of digital technology, social media platforms, video advertising and the various tools and strategies employed to expand the reach of print advertising, and the bilingual communication skills required to convey the benefits of digital options to local businesses.

Candidates must have access to a vehicle.

Salary plus commission.

The Record is the Eastern Township's only English-language daily newspaper, serving the region since 1897.

Interested applicants should send a cover letter and resume as soon as possible to **Sharon McCully, Publisher, The Record,** outletjournal@sympatico.ca

NEA Crossword Puzzle

Your Birthday

WEDNESDAY, DECEMBER 6, 2023

TAURUS (April 20-May 20) - An opportunity to learn will lead to something gratifying. Increasing your qualifications will get you a step closer to your objective. An open mind will help you see the possibilities.

GEMINI (May 21-June 20) - Take the initiative to gather the facts and explore your options. Question anything that sounds misleading or unlikely. Rely on yourself before you trust someone else.

CANCER (June 21-July 22) - Keep an open mind. If you let your emotions take the reins, you'll overreact or misread the situation. Concentrate on what you can achieve and get along with those you need on your side.

LEO (July 23-Aug. 22) - Get the lowdown before moving. If you act on your emotions, you'll regret it. Too much of anything will result in stress. Use intelligence to outmaneuver anyone trying to take charge or lead you astray.

VIRGO (Aug. 23-Sept. 22) - Invest in your home and your future. Make changes based on experience, knowledge and expert advice. Refrain from giving anyone control over your assets. Challenge yourself to do better.

LIBRA (Sept. 23-Oct. 23) - Act quickly; if you hesitate, you'll miss an opportunity to do something new and exciting. Take a step in a direction that offers stability and financial security.

SCORPIO (Oct. 24-Nov. 22) - Call on reliable people and get things done without delay. Be secretive about your financial worth and long-term goals. Walk away from temptation. Don't wait to create opportunities.

Answer to Previous Puzzle

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

- ACROSS**
- 1 Face card
 - 5 Aid to navig.
 - 8 Fish organ
 - 12 Metallic element
 - 13 Order's partner
 - 14 Actress — Adams
 - 15 Role in a Puccini opera
 - 16 Simian creature
 - 17 Minus
 - 18 Brewed beverage
 - 20 — apso
 - 22 Farm implement
 - 23 Allow
 - 24 Legal wrongs
 - 27 Tune
 - 30 Goat hair fabric
 - 31 Contribute
 - 32 Scull
 - 34 Marshy area
 - 35 Miles away
 - 37 Make a choice
 - 38 Gift by will
- DOWN**
- 40 Laconic
 - 42 Powder residue
 - 43 Railing
 - 44 Singer — LuPone
 - 46 Scuttlebutt
 - 49 Launder
 - 50 Fleecy animal
 - 52 "— — that a lot"
 - 54 Pay (with "up")
 - 55 Contend
 - 56 At hand
 - 57 Fuss
 - 58 Leftover piece
 - 59 Wriggling

- 8 Frozen dessert
- 9 — of March
- 10 Actress — Kudrow
- 11 "— Miserables"
- 19 Dawn personified
- 21 Kept
- 24 Bar bill
- 25 Greek weight
- 26 Prevail uncontrolled
- 27 — Tyler Moore
- 28 Postern
- 29 Puppy sounds
- 33 Abbr. on a map
- 35 Eat nothing
- 36 Reach
- 39 Collect
- 40 Greek letter
- 41 White fur
- 43 Engender
- 44 Struggle for air
- 45 Wine city in Italy
- 47 S-shaped molding
- 48 Actual
- 49 Existed
- 51 Hit the jackpot
- 53 "— a Little Tender-ness"

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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	18			19			20	21				
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49					50	51			52			53
54					55				56			
57					58				59			

Stick to the facts and be honest about how you feel and what you want to pursue this year. A direct approach to life and love will give you the necessary advantage to turn your dreams into a reality. Opportunity is apparent, but intelligence, passion and hard work will be mandatory. Use your imagination and choose innovative ideas.

SAGITTARIUS (Nov. 23-Dec. 21) - Skip the drama and go directly to the source of problems. Clearing up any issues will put your mind at ease and show others your capabilities. Hard work will ensure success.

CAPRICORN (Dec. 22-Jan. 19) - Check your bank balance before you spend money. Live within your means instead of trying to impress someone with a lavish gift. Kindness and small favors will be appreciated. Romance is favored.

AQUARIUS (Jan. 20-Feb. 19) - Keep your eye on what you want to achieve and your energy focused on finishing what you start. Simplicity, moderation and self-control will lead to peace of mind.

PISCES (Feb. 20-March 20) - Take the initiative to make things right. Educate yourself so you can figure out the best way to make your dreams come true. A lifestyle change or savings plan will ease stress.

ARIES (March 21-April 19) - Go over your investments, contracts or health concerns. Don't let your emotions complicate a professional situation. Maintaining a solid reputation will be necessary to advance.

WEDNESDAY, DECEMBER 6, 2023

Scout out the opposition

By Phillip Alder

The Duke of Wellington was discussing war, but with a small change we can make it look as if he was talking about bridge: "All the business of bridge is to endeavor to find out what you don't know by what you do."

In other words, as you play out the deal, you learn more about the opponents' hands and can use that information.

Against four hearts, West led the club 10. East won the first trick with the ace, cashed the club king (the accepted way of showing a doubleton) and exited with a diamond.

With a guaranteed spade loser, declarer had to find the trump queen to make his contract. Assuming West had five clubs to East's two, there were 11 empty spaces in East's hand for the heart queen, but only eight in West's hand. However, those odds of 11-to-8 weren't good enough for South. He wanted to find out more about the distribution before committing himself.

Judging that West would have led a singleton diamond if he had one, declarer overtook the diamond king with dummy's ace and discarded his club queen on dummy's diamond queen. Now came the spade queen from the dummy. East won with the ace and returned a diamond.*

North		12-06-23	
♠ Q			
♥ K J 9 7			
♦ A Q J 10 9			
♣ 6 5 3			
West	East		
♠ 8 7 2	♠ A 10 5 3		
♥ Q 6 4	♥ 5 2		
♦ 5 4	♦ 8 7 6 3 2		
♣ 10 9 8 7 2	♣ A K		
South			
♠ K J 9 6 4			
♥ A 10 8 3			
♦ K			
♣ Q J 4			
Dealer: East			
Vulnerable: Neither			
South	West	North	East
			Pass
1♠	Pass	2♦	Pass
2♥	Pass	4♥	All Pass
Opening lead: ♣ 10			

Immediately South ruffed with the heart ace, cashed the spade king (discarding dummy's club loser) and ran the heart eight. When it won, he repeated the heart finesse, drew the last trump and claimed.

Why was South so confident about the hearts? Because East had passed as dealer and already shown up with 11 points: the club ace-king and the spade ace. He couldn't hold a queen as well.