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WEDNESDAY, NOVEMBER 8, 2017

Lussier seeking harmony as he settles in

By Gordon Lambie

A meeting scheduled between Sherbrooke's new mayor, Steve Lussier, and outgoing mayor Bernard Sévigny did not take place yesterday morning. This, according to Lussier, after Sévigny made a last-minute request to reschedule the meeting to Wednesday. Having invited local media to hear about the results of the meeting, the new mayor held a press conference anyway on some of his plans for the week to come.

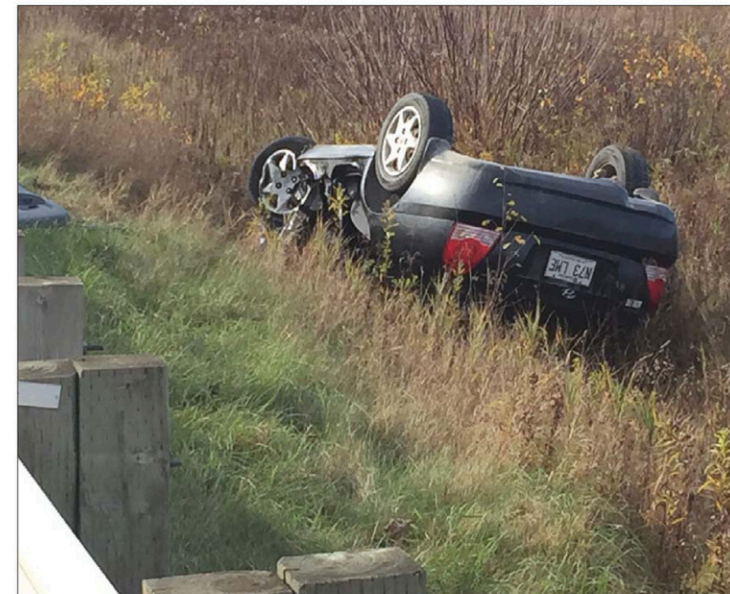
"We want to get things moving as quickly as possible" Lussier said, highlighting the examination of development projects at the Sherbrooke airport, the waste management company Valoris, and the Well Inc. redevelopment plan as his first priorities. On the last, he affirmed that he would maintain his plan to impose a moratorium on all work currently underway on the project until such time as he can properly see what is going on. "I want to see the numbers," he said.

Maintaining that he wants to ensure a smooth transition to a harmonious council, Lussier said that he was not put off by the delay in meeting with the outgoing mayor and expressed enthusiasm about a day spent getting to know the municipal structure and the staff of the city hall. He said that he expects to have an office available in the building as of today and wants to get to work as soon as possible on getting to know his colleagues.

Lussier will be naming seven councillors to the Sherbrooke's executive committee and picking a council president by the time the council sits for the first time on November 20, but he said those names would likely not be ready by

CONT'D ON PAGE 5

Collision on Route 112 leaves two dead



PHOTOS BY MATTHEW MCCULLY

Record Staff
ASCOT CORNER

Two people are dead and a third victim is in hospital with serious injuries following a collision on Route 112 yesterday between Ascot Corner and East Angus.

The collision occurred around 11 a.m. near Chemin Paul in Ascot Corner.

Route 112 was closed for investigation and cleanup of the accident between 11 a.m. and 2:45 p.m.

A driver heading towards East Angus in a 90 km / h zone veered off course and collided with a vehicle with two people on board coming in the opposite direction.

The first vehicle ended up in the

ditch. The jaws of life were required to extricate its occupants.

The driver of the vehicle that went off course, a 57-year-old man, and the passenger of the oncoming vehicle, a 60-year-old man, died following the accident.

An investigation is underway to determine the cause of the collision.



Hon. Marie-Claude
Bibeau
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Weather



TODAY:
SUNNY

HIGH OF 4
LOW OF -7



THURSDAY:
CLOUDY

HIGH OF 5
LOW OF -7



FRIDAY:
MIX OF SUN
AND CLOUDS

HIGH OF -7
LOW OF -8



SATURDAY:
SUNNY

HIGH OF -3
LOW OF -12



SUNDAY:
CLOUDY
PERIODS

HIGH OF 0
LOW OF -3

KEEPING IN TOUCH

Made in Estrie to open linguistic artistic diversity



The Estrie region's arts and culture scene are buzzing but they can often be out of reach to artists who work mainly in English. English- and French-speaking artists, along with the Conseil de la culture de l'Estrie, Townshippers' Association, and ELAN (English Language Arts Network) Quebec are creating linguistic artistic diversity through Made in Estrie.

Held as a 5 à 7 gathering next Tuesday, November 14, at Studio Irisium (165 Wellington nord, Sherbrooke), this event will bring together English- and French-speaking artists and organizations for the first time ever to bridge the gap between the two artistic solitudes. Made in Estrie will also be an opportunity to host the region's first bilingual Minute Market. Taken from ELAN's Schmoozers events, the Minute Market will give 20 artists a one-minute spot to market their current projects.

The deadline to register for the Minute Market is Friday, November 10, 2017. Gas gift cards from Townshippers' may be available for participating Marché Éclair artist living within the Townships, who must travel more than 40 km to attend this event.

To RSVP or for information, contact Guillaume Houle, Conseil de la culture de l'Estrie, guillaume.houle@cultureestrie.org or 819-563-2744, or Kristelle Holliday at 819-342-3861.

Expression Series presents: Keenan Wilcox in Concert

The winter chill is coming. So warm up with the next Expression Series event on November 25 as singer-songwriter Keenan Wilcox uses his soulful voice and acoustic guitar to explore the music of artists such as the Beatles, Leonard Cohen, Mumford and Sons, and more.

This Eastern Townships English-lan-

guage culture series, present by the Association's Townships Expressions initiative, gives the community access to affordable, limited one-night engagements featuring creative and talented local artists, musicians, performers, and writers. Besides the great admission rate - \$10 for Townshippers' members, \$15 for general admission, at the door - and the chance to experience live performances, the Expressions series is a great way to directly support talented homegrown artists.

So, save the date, Saturday, November 25, 2017, 7 pm, and treat yourself and a friend to this great event at Bandeen Hall, Bishop's University campus, 2600 College.

For details visit www.Townshippers.org/ExpressSeries or call 819-577-5717.

Take the confusion out of taxes

When we think of literacy, the first thing that often comes to mind is reading and writing. But literacy also means understanding concepts such as math skills. November is Financial Literacy Month, a time to provide the tools and information for people to manage their money and debt wisely, save for the future, and understand their financial rights and responsibilities.

In the spirit of Financial Literacy Month, Townshippers' Association is teaming up with Literacy in Action (LIA) to present an information session on basic income tax. Because the Association has been offering a free income tax filing service for low-income earners for over 10 years, it can call upon experience and the types of questions asked by people using the service.

This workshop will discuss the impor-

tance of filing taxes in a timely manner and will look at the various forms needed by the federal and provincial governments to file income taxes. You'll also learn what information you will receive following submission of your tax return, such as the Notice of Assessment which is a very important document to keep!

Need to call Revenue Canada or Revenue Quebec? Find out what information to have on hand to identify yourself before placing that call. Finally, the workshop will look at various types of income tax fraud. That phone call you received about owing money or getting a huge refund, it's not true!

This free workshop is offered twice, once in the afternoon workshop from 1 to 3 pm on Monday, November 13, and in the evening workshop on Tuesday, November 21 from 6 to 8 pm, at the Literacy in Action office, 7 Connolly in Lennoxville. While we welcome general questions, unfortunately, we will not be able to answer questions specific to your particular tax return during the workshop.

For more information, or to register for the workshop, contact LIA at 819-346-7009 or info@lia-estrie.org. You can also contact Evelina Smith, at Townshippers', at 819-566-2182 or info@townshippers.org.

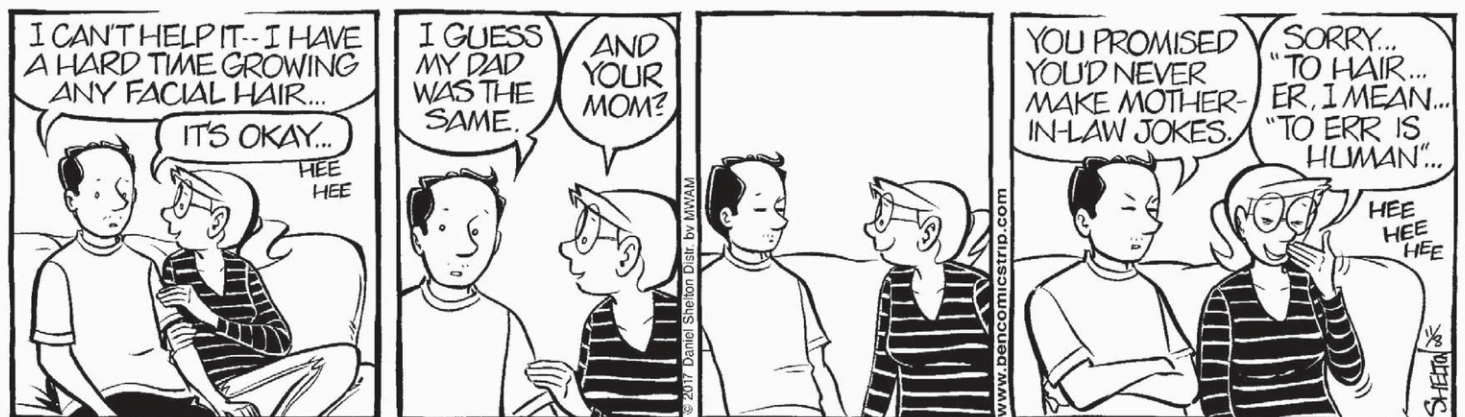
For more on Townshippers' Association and our activities, keep reading this weekly column in *The Record* and visit our website www.Townshippers.org. You can also follow us on Twitter @Townshippers and Facebook.com/Townshippers. Connect with Townshippers' offices in Sherbrooke at 100 - 257 Queen, 819-566-5717, toll-free: 1-866-566-5717, or Lac-Brome at 3-584 Knowlton Rd, 450-242-4421, toll-free: 1-877-242-4421.



ELAN (ENGLISH LANGUAGE ARTS NETWORK)

English- and French-speaking artists in the Townships will have a chance to close the gap between them at Made in Estrie, the first ever bilingual event uniting creators of the regions two artistic solitudes.

Ben by Daniel Shelton



LOCAL NEWS

"We are all in the same boat," Beaudin said of her fellow council members, explaining that each independent councilor is doing what they can. "We are all here to defend the interests of Sherbrooke."

Beaudin brings a voice for Sherbrooke Citoyen

By Gordon Lambie

This past Sunday marked the first election for fledgling political party Sherbrooke Citoyen, which was founded as an opposition party to Bernard Sévigny's *Renouveau Sherbrookois* and a means of giving decision making power back to the citizens. Although the final numbers show that their candidates garnered a significant amount of support across the city, only one representative of the party, Évelyne Beaudin, will be a member of the city

council over the next four years.

"The results are mainly positive," Beaudin told *The Record*, noting that even if only one candidate was elected, the campaign provided a great opportunity for the people of Sherbrooke to get to know the party, its ideas, and the people associated with it.

Sherbrooke Citoyen campaigned on promises of transparency and citizen involvement in the political process that will be challenging for Beaudin to carry in council alone, but the new councilor for the Carrefour District said that she is

not concerned so long as the ideas behind the party get out into the general public.

"We are all in the same boat," Beaudin said of her fellow council members, explaining that each independent councilor is doing what they can. "We are all here to defend the interests of Sherbrooke."

Although it clearly would have been better for her to see fellow representatives of Sherbrooke citoyen on the Council, Beaudin said that she was pleased to see that people voted for change in the

city. Asked if she was concerned about the effectiveness of a council made up completely of independent voices, the councilor said she was not.

"In the end everything comes down to a majority vote," Beaudin said.

The *Record* reached out to Sherbrooke Citoyen party leader Helene Pigot for a comment on the future of the party following Sunday's election, but received no response. Pigot came in third place in the race of mayor after Steve Lussier and former Mayor Bernard Sévigny.

U de S Centre for Research on Aging recognized by the United Nations

Record Staff
SHERBROOKE

The Université de Sherbrooke-affiliated Center for Research on Aging (CDRV) has just been officially designated as a collaborating center of the Pan American Health Organization / World Health Organization (PAHO / WHO).

The designation is attributed to the Age-Friendly Cities research team and the Research Chair on Elder Abuse, led by Suzanne Garon and Marie Beaulieu, research professors at CDRV and at the Faculty of Arts and Humanities at the Université de Sherbrooke. Thanks to this new designation, Québec can now count seven collaborating centers, demonstrating its dynamism and high-level ex-

pertise in the field of health.

"This is a strong international recognition from a leading organization around the world," says Garon. "This recognition demonstrates the quality of our work, which will have an international, in addition to a regional and national scope. WHO has a mandate to spread good practices around the world and the CDRV will now be part of it."

A PAHO / WHO Collaborating Center is an institution designated to be part of an inter-agency collaborative network set up by WHO to support its programs at the country, regional, interregional, and global levels. Collaborating Centers should also contribute to strengthening countries' information, service, research and training resources to support national health development.

Another tight race between Marcoux and Veillon in Potton

Marcoux takes back mayoralty

By Matthew McCully

The last three elections in Potton have seen a rivalry between mayoral candidates Louis Veillon and Jacques Marcoux.

On Sunday, Marcoux won the position from Veillon by a margin of 68 votes.

Only one of the four incumbent councillors in the race, André Ducharme, retained a position on council. The other five seats went to fresh faces.

In addition to having a history of tight political races, Potton also boasts a voter turnout much higher than the average municipality.

In 2013, the voter turnout was 66.3 per cent, roughly 12 per cent above the provincial average.

This year, the turnout in the municipality was 67.3, almost 17 per cent higher than the provincial average, estimated to be 50.3 per cent.

Veillon and Marcoux have been running against each other since 2009 when Veillon, a former councillor with the town, decided to run for mayor. He ultimately lost to Marcoux that year, but returned four years later to try again.

During the 2013 election, Veillon was successful, winning over Marcoux by a margin of 10 votes.

On Sunday, the community decided to Give Marcoux another mandate, his third as mayor of Potton.

In the weeks before the election, Marcoux told *The Record* that the potential sale of Owl's Head was the main issue that the municipality has to address at the moment.

"I'm pro development, but it should be in a controlled fashion," commented Marcoux, adding that any plans would include a detailed evaluation by the council and a public consultation.

Potton results

Position of mayor	# of votes
Mr. Jacques Marcoux	709
Mr. Louis Veillon (Outgoing from this position)	641
Position of councillor (1)	
Mr. André Ducharme (Outgoing from this position)	702
Mr. Guy Langevin	623
Position of councillor (2)	
Edward Mierzwinski	504
Ms. Diane Rypinski Marcoux (Outgoing from this position)	474
Ms. Suzie Le Sauteur	279
Ms. Marie-Paule Villeneuve	80
Position of councillor (3)	
Mr. Francis Marcoux	734
Mr. Michel Daigneault (Outgoing from this position)	594
Position of councillor (4)	
Mr. Michael Laplume	687
Ms. Édith Smeesters (Outgoing from this position)	650
Position of councillor (5)	
Mr. Bruno Côté	609
Mr. Howard Heitner	426
Ms. Christine Baudinet	284
Position of councillor (6)	
Mr. Jason Ball	869
Mr. Stéphane Gauthier	457

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THE PET CONNECTION




Asland O'Malley

DEAR ASLAND O'MALLEY

My name is Molly. When I was a really little puppy, my human abandoned me way up North. It was a really scary time, with no safe place or even enough food. Then my Aunt Jennifer Gallichon rescued me and put me on a plane to Montreal. I was so scared, but my new Auntie Jen came and picked me up in Montreal and she promised me I would always be safe with her until we found my forever family. I had a nice warm and safe place to sleep and lots of food but I still had to share with other dog-

gies. I wanted my very own human. One day, a nice lady named Amy and her little girl came to give me a walk. I was on my best behaviour and showed her how cute I was. She took my picture and told all her friends about me.

That August, my friend, Ben Stickers, brought me upstairs with a collar and leash so someone could take me for a walk. This nice lady took me down the path beside the river and we talked. I was so happy when we came back, she told Auntie Jen that I was her puppy. After that, my mummy came back all the time to take me for walks and visits. When that Thanksgiving came, I went for my sleepover. There were some problems of course. I didn't know how to tell Mummy that I had to go out and I messed in the house, Mia beat me up a couple of times and the Boss kinda scared me with his loud voice. But Mummy said it was her fault for not understanding me, that Mia was just being a normal big sister and that Boss only sounded loud because he is man.

I love my Mummy, My Boss and my

big kitty sister, Mia. I'll never have to worry about being abandoned ever again. So many humans worked real hard to help me find my Mummy. Now me and Mummy do what we can to help them find all the other animals their families too.

SUBMITTED BY MOLLY

P.S. This is Molly's Mummy. I must thank so many people for the joy that Molly brings in to my life. First, and foremost, is Jen Young. And, of course, her entire family, the staff at Blue Seal, and all of the many friends of The Pet Connection Lennoxville. Thank You!

Thank you for finding, saving, and finally, for trusting me with precious puppy. I will not fail that trust that you and Molly have given me.

Frances Edmond

Do you have a story for Asland to write? Did your pet do something heroic? Is your pet the reason for your strength? Contact Jen Young at j.young3@sympatico.ca.



Molly



Candy is still looking for a home. She is full of energy and loves people. She does not appreciate other female dogs or cats though. She will make a great family member for someone with enough energy to give her what she needs.



Jilly is still with us and full of energy. She loves to run and talk. She likes to chase cats quite a bit so she is not suited for a home with cats but she is good with other dogs and will make a high energy family very happy.



Lilly is a sweet older black lab. She is not very big but is very affectionate. She is fine with cats and other dogs and is about 6 years old so enjoys her quiet time with her loved ones.

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



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Social Science Week at Cégep de Sherbrooke

Record staff
SHERBROOKE

The Cégep de Sherbrooke has launched its first ever Social Sciences Week in the Alfred-DesRochers Hall for a gathering of the organizers of and students. From November 6 to 10, a host of activities will be held to highlight the vitality and dynamism of the program.

Social Sciences Week is a mandatory educational activity that encourages students to attend conferences, participate in workshops, and watch films and documentaries. Students will have the privilege of taking part in activities that go beyond the traditional pedagogical framework and that are part of an approach that values debate, reflection, and exchange.

The Social Science Week project began in the fall of 2016 and required the engagement of the five departments. On the scene to launch the week, Marie-France Bélanger, Executive Director of the Cégep de Sherbrooke, emphasized the richness of the program: "This is the beauty of this first Social Science week

The multiplicity of disciplines will make it possible to analyze issues that transcend historical trends, and to look at the same event with different frames of reference, either through the lens of philosophy, that of psychology, or the microscope. of sociology, or from a political, economic, or geographical point of view. The committee that steered the organization of this event did an excellent job of putting together an exceptional program that pays tribute to all the opportunities offered by the Social Sciences.

Bélanger also emphasized that the event is a wonderful opportunity to learn and teach in a different context: "This week proves that the Social Sciences program is more alive than ever at the Cégep de Sherbrooke," she said. "Thanks to the many activities put in place in the coming days, students will have an incredible opportunity to get out of the traditional classroom, to break the regular schedule of their classes to meet and do things differently. This formula will go a long way in enriching the training of students, since in



COURTESY

From left to right: Keith Éthier-Delorme, Director of Education and Programs, Music, Social Science, and Technologies Sector; Danielle Côté, Social Sciences Program Coordinator; Antonin-Xavier Fournier, Professor of Anthropology and Political Science, and Organizing Committee Member; Marie-France Bélanger, Executive Director of the Cégep de Sherbrooke.

meetings, discussions, and debates and discussions, there is also much to learn." The Cégep de Sherbrooke Social Science program has about 1,000 students and some 75 teachers.

CPEs workers reach agreement in principle

Record staff
SHERBROOKE

Quebec Family Minister Luc Fortin announced Monday night that an agreement in principle was reached between the CSN-affiliated Federation of Health and Social Services

putting an end to limited strike actions planned by some 11,000 early childhood workers against their employer. The two sides negotiated the renewal of the national clauses included in the collective agreements.

Over the next few weeks, union representatives will submit their various

modalities to the vote of their members. "The agreement in principle reached tonight is good news for all parties, but especially for families in Quebec," Fortin enthused. "Starting tomorrow (Tuesday),

more than 21,000 children and their parents will be able to benefit from their childcare service, the strike being canceled. I want to thank all the parties for their efforts at the bargaining table."

Lussier seeking harmony

CONT'D FROM PAGE 1

Friday's swearing in ceremony. Before making any kind of decision, Lussier said he wants to get to know his councilors. The mayor shared that he had originally thought to preside over the council himself and still has the intention to do so in the future, but has opted to seek a voice of experience in overseeing the council in the mean time to offset his lack of political experience.

In response to concerns over his lack of political background, the 42 year old put his faith in those around him saying,

"I have a very good team."

The new mayor reiterated his calls for transparency and fiscal responsibility at City Hall while also repeating his assertion that he would work with all councilors, regardless of their political affiliations.

"We have three councilors from two different political parties," Lussier said. "They also had good ideas and I am not going to hide from that."

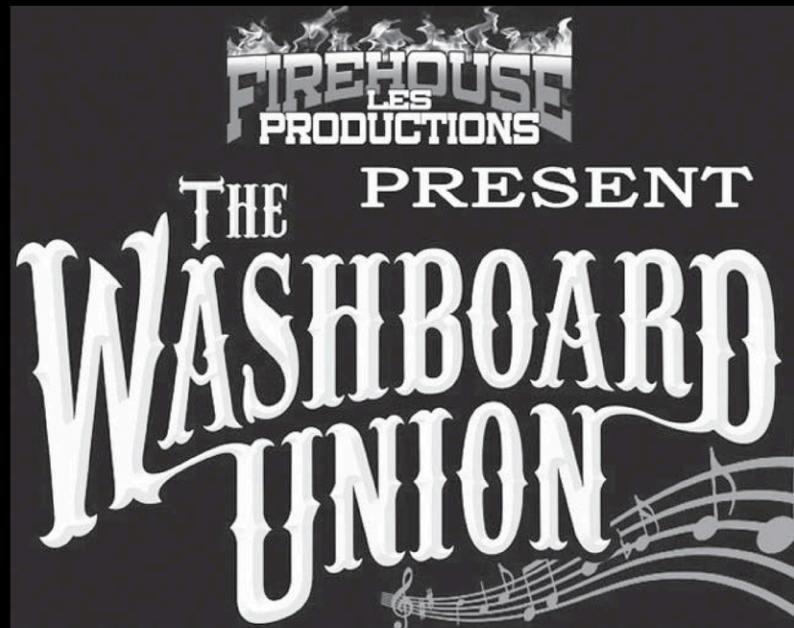
The Mayor said that he wants to foster "harmony" in local municipal politics.



GORDON LAMBIE

Sherbrooke's new Mayor, Steve Lussier, held a press conference at City Hall on Tuesday to discuss the result of a meeting with outgoing mayor Bernard Sevigny that never ended up happening.

WIN V.I.P. TICKETS & DINNER



Would you like to win a pair of V.I.P. tickets to The Washbaord Union Concert (November 26, 8 p.m., at Centennial Theatre) and a \$50 gift certificate to Sebby's Pub & Grill?

All you have to do is email The Record with the answer, along with your name and daytime phone number, to the following question by November 10 at classad@sherbrookerecord.com.

What Canadian city is The Washbaord Union from?

The winner will be randomly drawn on November 13 at 9 a.m.



EDITORIAL

Democracy works – if we participate. But it doesn't function well if we forfeit our rights to corporate interests.

SCIENCE MATTERS

Government for the people, not fossil fuel corporations

By David Suzuki

Consider voting a privilege and a responsibility. But I wish politicians would take their responsibility to voters more seriously. We elect them to represent us. Sometimes our interests coincide with corporate priorities. After all, corporations create jobs and economic opportunities and often develop products and services citizens need. Corporations can't vote, but by putting enormous amounts of money into campaigns and lobbying, they can hijack the political agenda.

That's the case with the fossil fuel industry – the most profitable in human history. It's taken such hold on the U.S. that the current administration refuses to accept advice and research from climate scientists, biologists, military experts, economists and others who warn that continuing to burn fossil fuels will steer us to climate catastrophe, with horrendous impacts on agriculture, human migration, health, security, the economy and resources, and that failing to act will be far more costly and lacking in economic opportunity than confronting the challenge.

Canadians shouldn't be smug. Although most of our elected representatives acknowledge climate change and the need to act, some have been compromised by the fossil fuel industry. Many people expected changes in 2015 when the Liberals won the federal election and the NDP won Alberta's election. The new governments said the right things and came up with reasonably good plans but then continued to approve and promote fossil fuel development and infrastruc-

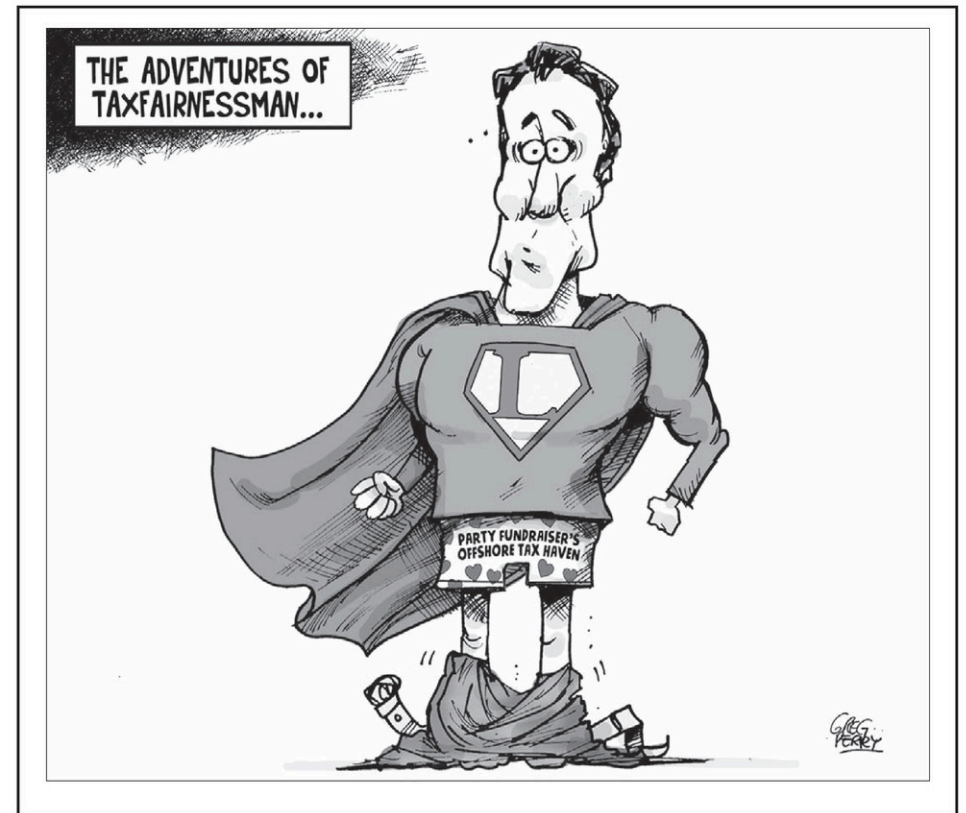
ture to the extent that one has to question whether they understand the urgency of the climate crisis.

As former Alberta Liberal Party leader and Oil's Deep State author Kevin Taft writes in a Maclean's article, "The link between fossil fuels and global warming has been known since the 1980s, and so has the solution to global warming: phasing out fossil fuels. Rather than accepting the science and adapting to other sources of energy, the oil industry has developed an aggressive campaign to obscure the science and advance its own interests."

In Oil's Deep State, Taft outlines how the oil industry worked to influence governments and their bureaucracies, as well as public institutions like universities. From the 1980s and into the '90s, Taft writes in Maclean's, "University and government scientists conducted research; civil servants prepared plans and legislation to reduce emissions; political parties committed to action; and Canada's Parliament endorsed international climate change agreements." Then the Harper government pulled out of the Kyoto Protocol, cut research funding and silenced scientists. Since their 2015 election, the federal Liberals and Alberta NDP have maintained support for fossil fuel projects and infrastructure.

In early October, federal environment commissioner Julie Gelfand gave the government a failing grade on climate change, noting only five of 19 government departments she looked at had even assessed climate risks and how to deal with them.

Taft also examines how oil money has compromised universities' indepen-



dence. A recent report by the University of Western Ontario's Alison Hearn and York University's Gus Van Harten backs him up, showing Enbridge funding for the University of Calgary created conflicts of interest, compromised academic freedom and gave the company influence over decision-making.

It's not the first time the University of Calgary has been caught up in oil industry scandals. In 2004, political science professor Barry Cooper set up research accounts to secretly funnel donations, mostly from oil and gas industries, to the misnamed group Friends of Science for its efforts to dispute climate science and reject the Kyoto Protocol.

Taft also examines the case of Bruce Carson, a senior adviser to Prime Minister Stephen Harper who was appointed to set up an energy institute at the University of Calgary and later convicted on three counts of illegal lobbying on behalf of the oil industry.

In a Desmog Blog interview, Taft says, "The universities, starting in the 1960s, were the foundation of much of the scientific research underlying global warming. To win the battle and delay action on global warming, the oil industry needed to gain influence in universities to smother or distort or counter the science that was coming out. And they succeeded substantially."

Democracy works – if we participate. But it doesn't function well if we forfeit our rights to corporate interests. We must speak out at the ballot box and between elections, and tell politicians our support depends on them putting our interests first.

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

Learn more at www.davidsuzuki.org.

20 months house arrest for 13,000 kilos of smokes

Record Staff

The owner of a Sherbrooke trucking company will spend the next 20 months under house arrest after

pleading guilty to involvement in the illegal importation of contraband cigarettes.

Normand Faucher acknowledged Monday at the courthouse in Sherbrooke

that he tried to smuggle regulated goods into Canada for which excise duty had to be paid.

In December 2013, Faucher arrived at the East Hereford border crossing behind the wheel of his trailer truck. He told the Canada Border Services (CBSA) Officer that he was hauling wood chips.

During a search of the cargo, the first 127 bags inspected contained the declared merchandise; but the rest of the cargo was quite different. During the secondary search, customs officers discovered 40 pallets containing three cases of contraband cigarettes each, or 13,023 kilos of cigarettes.

Lawyer Jean-Guillaume Blanchette told the court that following his arrest,

Faucher had suffered a stroke, after which he had undergone an aptitude test to see if he was fit to stand trial.

Before accepting Faucher's guilty plea, Justice Paul Dunnigan of the Court of Quebec declared him fit to face the judicial process. He then reminded the accused that his 20-month sentence was imprisonment, but to be served at home, and that he would have to meet strict conditions.

Faucher will have to spend the first ten months of his sentence inside his home 24 hours a day. He also has to pay his \$20,000 fine within twelve months.

Other individuals were also arrested in this case and their files have been postponed to a later date.

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2
 FAX: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com
 WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
 STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
 SERGE GAGNON CHIEF PRESSMAN (819) 569-9931

DEPARTMENTS
 ACCOUNTING (819) 569-9511
 ADVERTISING (819) 569-9525
 CIRCULATION (819) 569-9528
 NEWSROOM (819) 569-6345

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Local Sports

Jalbert dominated the bantam boys category in the ETIAC cross-country running circuit by finishing first place in all three races.

Gilbert and Jalbert named Piper Athletes of the Month

Maria Gilbert from the junior girls soccer team and Thomas Jay Jalbert from the cross-country running team were named the Piper athletes of the month for October at Alexander Galt High School.

Gilbert helped lead her team to a 5-0 record in the month of October in which she registered 11 goals. More importantly she netted a hat trick in the championship game in, which they defeated Massey-Vanier 3-0. Although she is in grade 8 her soccer skills and determination made her an instant leader on the junior team. The Lennoxville resident is also an intelligent player, which allowed her coach Tracey Chantler to play her at all positions. The soft-spoken Gilbert also scored two goals for the senior team when she was called up for one game. She will continue to refine her skills in the ever-popular sports concentration program throughout the year, as she will

make the jump to the senior team next year. The 13 year old also excels in the classroom where she sits on the Principal's List.

Jalbert dominated the bantam boys category in the ETIAC cross-country running circuit by finishing first place in all three races. The points he accumulated helped his team win the league banner for a fifth consecutive season. The grade 8 student also won the bronze medal in the RSEQ regional championships at College Mont St. Anne. As a result, he represented the Estrie Region at the Provincial Championships in Rimouski in which he placed 15th. The 13 year-old significantly increased his size and strength over the course of the year while training in the sports concentration program which has allowed the quiet Sherbrooke resident to gain a lot of confidence in his abilities.



Maria Gilbert from the junior girls soccer team



Thomas Jay Jalbert from the cross-country running team

Canadiens goalie Price to miss "a few more days" with lower body injury

The Canadian Press

The lower body injury suffered by goaltender Carey Price last week is not related to a knee injury that caused him to miss most of the 2015-16 season, Montreal Canadiens coach Claude Julien said Tuesday.

Price did not practice with the team but is expected to be back on skates later this week, the coach said.

"It has zero to do with the injury he had two years ago," said Julien. "It's a minor injury and we expect him to be back on the ice in a few days."

In 2015-16, Price was limited to 12 ap-

pearances due to ligament damage in a knee. The Canadiens went into a tailspin without their star goaltender and missed the playoffs.

Price last played in a 6-3 loss in Minnesota on Thursday. Backup Al Montoya tended goal in a 5-4 win in Winnipeg on Saturday night and AHL call-up Charlie Lindgren posted a 2-0 shutout the following night in Chicago.

It is not clear if the injury is related to a poor start to the season by Price. The 2015 Hart and Vezina trophy winner is 3-7-1 with a 3.77 goals-against average and a .877 save percentage in 11 starts.



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Datebook

WEDNESDAY, NOVEMBER 8, 2017

Today is the 312th day of 2017 and the 48th day of autumn.

TODAY'S HISTORY: In 1889, Montana was admitted as the 41st U.S. state.

In 1960, John F. Kennedy was elected president of the United States, defeating Richard Nixon.

In 2002, the U.N. Security Council unanimously voted to give Iraq a "final opportunity" to disarm.

In 2004, U.S. and Iraqi troops launched a successful siege of the city of Fallujah, an insurgent stronghold.

In 2016, Donald Trump was elected president of the United States, defeating Hillary Clinton.

TODAY'S BIRTHDAYS: Edmond Halley (1656-1742), astronomer/mathematician; Bram Stoker (1847-1912), author; Margaret Mitchell (1900-1949), author; Christiaan Barnard (1922-2001), surgeon; Bonnie Raitt (1949-), musician; Kazuo Ishiguro (1954-), author; Michael Nyqvist (1960-), actor; Gordon Ramsay, (1966-), chef; Parker Posey (1968-), actress; David Muir (1973-), TV journalist; Tara Reid (1975-), actress; Bucky Covington (1977-), singer; Jessica Lowndes (1988-), actress.

TODAY'S FACT: The synthetic element roentgenium (atomic number 111), was named after physicist Wilhelm Roentgen, who discovered X-rays on this day in 1895.

TODAY'S SPORTS: In 1966, Frank Robinson of the

American League's Baltimore Orioles became the first person to win MVP honors from both baseball leagues. He had been named MVP in the National League in 1961 with the Cincinnati Reds.

TODAY'S QUOTE: "Life's under no obligation to give us what we expect. We take what we get and are thankful it's no worse than it is." — Margaret Mitchell, "Gone With the Wind"

TODAY'S NUMBERS: 43 and 70 — ages of John F. Kennedy and Donald Trump when they won their respective presidential elections, making them the youngest and oldest elected presidents in U.S. history.

TODAY'S MOON: Between full moon (Nov. 3) and last quarter moon (Nov. 10).

All Saints Guild – Dunham

The Ladies Guild gathered at the church hall on October 17. There were five members and one guest. Vice-president Fran Shaw chaired our meeting as President Erma is recuperating from a broken hip. Mary read the minutes from the meeting of September 25.

Claire gave us a financial update.

It is reported that we have new windows installed in the rectory.

The 209th anniversary is on October 29. A light lunch will be served following the morning service.

A baptism will take place at our 10 o'clock service on October 29.

The Carols and Lessons Service on the first Sunday of Advent December 3. Donations of money and food gifts from this service will be sent to Helping Hands Food Bank in Cowansville.

A request has been made to rent our hall on January 1, 2018.

Members have been asked to bring lunch for them-

selves at our next meeting on November 13. This is when we will set up the hall for our holiday Soup, Dessert and Bake Sale.

Today we set tables and decorated the hall for our Chicken Pie Supper

Chicken Pie Supper October 20, 2017

Many many guests were welcomed into our church hall to enjoy a helping of chicken pie.

This is certainly a traditional autumn event.

Decorations of coloured leaves, mini-lights, pumpkins and gourds set the scene.

Once Rev. Sinpoh Han asked a blessing, service of dinner began.

Guests were served a started of coleslaw and homemade rolls. These were followed by the main event of chicken pie, mashed potatoes, peas, carrots and jellied salad, apple and pumpkin pie, tea and coffee complete the meal. What a feast!

Numbers for door prizes were drawn as the meal progressed. Bags of apples, squash, jewellery, a beautiful gift basket of fruit and chocolate prepared by Antique Florist and donated by Kelly LeChasseur. Many were hoping to hear their number announced.

The half and half was divided between Joyce Proctor Martin and Rose Childerhouse.

Here is a list of people who won prizes: Janet Streili, Robert Dion, Doreen Page, Martha Dudley, Philip Leonard, Philip LeChasseur, Shelly Rumsby, Meredith McKeen, Dawn Spalding and Rene.

Thank you to all of our supporters, as well as everyone who worked so hard to make our supper such a success.

Mark November 16 on your calendar for our Holiday Soup and Dessert. Remember our bake table. Everything fresh nothing frozen.

Submitted by Mary LeChasseur

On the link between additional calcium intake and heart disease



ASK THE DOCTORS
By Robert Ashley, M.D.

Dear Doctor: Calcium is frequently recommended to reduce the risk of bone fractures in the elderly, but I've read that calcium builds in the arteries and heart. So what choice do women have – die of a hip fracture or die of a heart attack? Personally, I don't know which would be better.

Dear Reader: You highlight an interesting issue. There is no doubt that calcium is beneficial for bones, with supplementation improving bone density and – at 500 to 1,200 milligrams per day – leading to a 9 to 19 percent decrease in the rate of hip fractures. But it's true that supplements may have risks as well.

First, for women over 50, supplementation with 1,000 mg of calcium and 400 IU of vitamin D leads to a 17 percent increased risk of kidney stones. Second, calcium supplementation for people with kidney dysfunction or those on dialysis causes increased calcification of blood vessels and a greater risk of heart attacks and strokes.

A 2008 study of 1,471 postmenopausal women in New Zealand compared the effects of 1,000 mg of calcium citrate to those of a placebo. In five years of follow-up, women who took the calcium had an improvement in the ratio of their good to bad cholesterol (HDL/LDL). However, after 2 1/2 years, the group that took the calcium started to

show an increased risk of heart attacks; after five years, they had a 49 percent increased risk.

Then there was a 2010 British Medical Journal study that combined data from 11 studies in which women took elemental calcium supplements of 500 mg or more. The studies, which evaluated fracture risk and bone density, weren't intended to assess heart attack and stroke risk, but researchers did gather data on the conditions. In total, the group that took calcium had a 27 percent increased risk of heart attacks and a 12 percent higher risk (not considered statistically significant) of strokes.

In 2011, the same authors tackled data from the Women's Health Initiative (WHI) study in which 36,282 women took 1,000 mg of calcium and 400 IU of vitamin D or a placebo for seven years. The initial study did not reveal an increase in heart attacks among women taking calcium supplements, but as it turned out, 54 percent were taking additional calcium beyond the supplements that were part of the trial. Noting

this, the authors of the study compared their data with data from the 46 percent who were not taking additional calcium. They found that the group taking the 1,000 mg of calcium had a 16 percent increase in the rate of heart attacks.

Other grouped studies (using the initial data of the WHI study) have not shown this degree of risk with calcium supplementation.

Confusing, isn't it? Here's the take-home message: If you're otherwise healthy, taking up to 1,000 mg of calcium supplements may be safe. But if you have risk factors for a heart attack or stroke, such as a history of smoking, diabetes, kidney dysfunction or a significant family history of heart disease, I would avoid large doses of calcium and would, in fact, limit calcium supplement intake to no more than 500 mg per day. It's all about balancing bone health with overall health.

Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
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WEDDING WRITE-UPS:
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For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com 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.

Your Birthday

WEDNESDAY, NOVEMBER 8, 2017

Live and learn. The people you deal with or the places you travel to will help you put your life in perspective and encourage you to make adjustments conducive to getting ahead emotionally and financially. Expand your interests.

SCORPIO (Oct. 24-Nov. 22) — Improve your workspace or make room for something that will add to your pleasure, comfort and assets. Personal gains and growth are within reach. Strive for perfection.

SAGITTARIUS (Nov. 23-Dec. 21) — Move money around or do your best to finalize a deal, settlement or contract. Interactions with institutions will move much quicker if you are pleasant and accommodating.

CAPRICORN (Dec. 22-Jan. 19) — Partnerships are predominant, and dealings with pending issues can be easily facilitated with compromise, understanding and creative solutions. What transpires will lead to personal or financial gain.

AQUARIUS (Jan. 20-Feb. 19) — Business trips and meetings should be handled with grace and charm. Don't let anyone downplay the sacrifice and contributions you have made. A passionate response will help you take charge.

PISCES (Feb. 20-March 20) — Take care of financial matters. Move money around and take advantage of tax incentives and investments. Personal gains are highlighted, along with negotiations and settlements. Celebrate with someone you love.

ARIES (March 21-April 19) — You'll tend

to be impulsive when it comes to work and personal matters involving others. Don't say or do anything you'll regret. Remember, the sweetest revenge is your own success.

TAURUS (April 20-May 20) — Make plans to rearrange your living space to be more conducive to working on the projects you want to do from home. Your productivity will be enhanced.

GEMINI (May 21-June 20) — If you want something, go after it. Stand up for your rights and be willing to work hard to get ahead. Don't wait for someone else to make the first move.

CANCER (June 21-July 22) — If you want something, push for it. Consider what you can offer as incentive. Relationships can make or break your mood. Concentrate on love and romance, not on interrogation and blame.

LEO (July 23-Aug. 22) — Don't share information that may jeopardize your position or give someone the wrong impression. Discretion is in your best interest. Curb poor habits and excessive behavior. Self-improvement is encouraged.

VIRGO (Aug. 23-Sept. 22) — Get together with people you have worked with in the past or people you have lost touch with over the years. Reconnecting will bring back memories and inspire you to make life-altering decisions.

LIBRA (Sept. 23-Oct. 23) — Concentrate on doing your job and getting things done properly and on time. The less time you have to think about an emotional situation, the better off you'll be. Make excellence a priority.

WEDNESDAY, NOVEMBER 8, 2017

No high cards left, so go for trumps

By Phillip Alder

Randy Pausch, who was a professor of computer science and human-computer interaction, said, "We cannot change the cards we are dealt, just how we play the hand."

That is so true. This week, we are looking at how the defenders can collect more trump tricks than might seem possible at the beginning of a deal. In today's example, how many trump tricks can East-West take against four hearts?

South had a minimum for a two-heart response, but the decent six-card suit made his hand strong enough. His initial plan was to rebid a game-invitational three hearts, but here North jumped to four hearts. (Yes, as in yesterday's deal, three no-trump would have been more successful if North guessed hearts correctly.)

After West leads the club three, East should first check the high-card points. He has 12, and dummy holds 18. That leaves 10 missing, but South had enough to respond at the two-level. West must have nothing of value. So, East should hope that his partner has led a singleton.

East wins the first trick and returns the club jack, his highest remaining

North 11-08-17			
♠ K Q J 10			
♥ A K 2			
♦ 10 8 6 3			
♣ K Q			
West		East	
♠ 9 8 6 4 3 2		♠ A 7	
♥ 4 3		♥ Q 5	
♦ 7 5 4 2		♦ J 9	
♣ 3		♣ A J 10 9 7 6 2	
South			
♠ 5			
♥ J 10 9 8 7 6			
♦ A K Q			
♣ 8 5 4			
Dealer: North			
Vulnerable: East-West			
South	West	North	East
		1♦	2♣
2♥	Pass	4♥	All Pass
Opening lead: ♣ 3			

club being a suit-preference signal for spades, the higher-ranking of the other two side suits.

After West ruffs and returns a spade, East wins with his ace and ... what?

When you have taken every possible side-suit trick, you must try for trump winners. East should lead the club two. This will force West to ruff with his second heart. Declarer has to overruff with dummy's king, and suddenly East's queen becomes a winner. It is a textbook upcut resulting in East-West's taking two trump tricks.

CROSSWORD

Across

- 1 "That cracks me up!"
- 5 "___ and the Swan": Rubens painting
- 9 Paper Mate product
- 12 1936 Olympics standout
- 14 Goes it alone
- 15 "Te ___": Rihanna song
- 16 *Golfer's guide for measuring distances
- 18 Playful bite
- 19 House vote
- 20 Like much store-brand merchandise
- 21 Contact lens solution brand
- 22 Soft boot material
- 24 Winner's wreath
- 26 Church seating
- 28 *Philatelist's find
- 31 On ___ of: for
- 34 Family guys
- 35 Overhead expanse

- 36 Superhero in an armored suit
- 38 Place for a hot stone massage
- 41 "Uncle Tom's Cabin" novelist
- 42 Became clear to, with "on"
- 44 *Hybrid retriever
- 48 Tough to learn
- 49 "Finally!"
- 50 One of his stories is the source of the "sour grapes" idiom
- 53 Relax in the tub
- 54 Sonny and Cher, e.g.
- 57 Sulu portrayer John
- 60 Kin of net
- 61 *Winter warming spell
- 63 Fla. neighbor
- 64 Athlete's rep
- 65 Facebook option
- 66 Mario Bros. console letters
- 67 Exercise break
- 68 Casino conveniences

- 26 "Masterpiece" network
- 27 "There's a mouse in our house!"
- 29 Sleep study subject
- 30 Ewe guy
- 32 Low-calorie brews
- 33 Place for big headlines
- 37 Hooting bird
- 38 Popular mobile app ... and, as shown by circles, what the inner parts of the answers to starred clues do
- 39 ___ capita
- 40 Mix in
- 41 Badlands Natl. Park site

- 43 Detective's question
- 44 Garage container
- 45 1962 Lawrence portrayer
- 46 Peruvian pack animals
- 47 Not skilled in
- 51 Lux. setting
- 52 Tofu beans
- 55 Change for a five
- 56 Fourth-down play
- 58 Inflict pain on
- 59 Is in arrears
- 61 Cookie container
- 62 Article in some hip-hop titles

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

Down

- 1 Georgetown hoopster
- 2 On the road
- 3 "These are the reasons"
- 4 "Go on ..."
- 5 Place for a hoop
- 6 Musk of Tesla Motors
- 7 Kid's drawing tablet
- 8 Pose a question
- 9 Bakery-café chain
- 10 "8 Mile" rapper
- 11 Orange juice specification
- 13 Customer-drawing sign word
- 14 Waste conduit
- 17 Supreme being
- 21 Road grooves
- 23 "Miracle on Ice" team, for short
- 25 Yoga position

1	2	3	4		5	6	7	8		9	10	11	
12				13		14					15		
16	17				17			18					
19				20				21					
		22	23					24	25				
26	27					28	29	30				31	
31				32	33		34						
35				36		37					38	39	40
				41				42		43			
44	45	46				47				48			
49						50	51	52					
53					54	55	56				57	58	59
60					61					62		63	64
63					64					65			
66					67					68			

CELEBRITY CIPHER

by Luis Campos

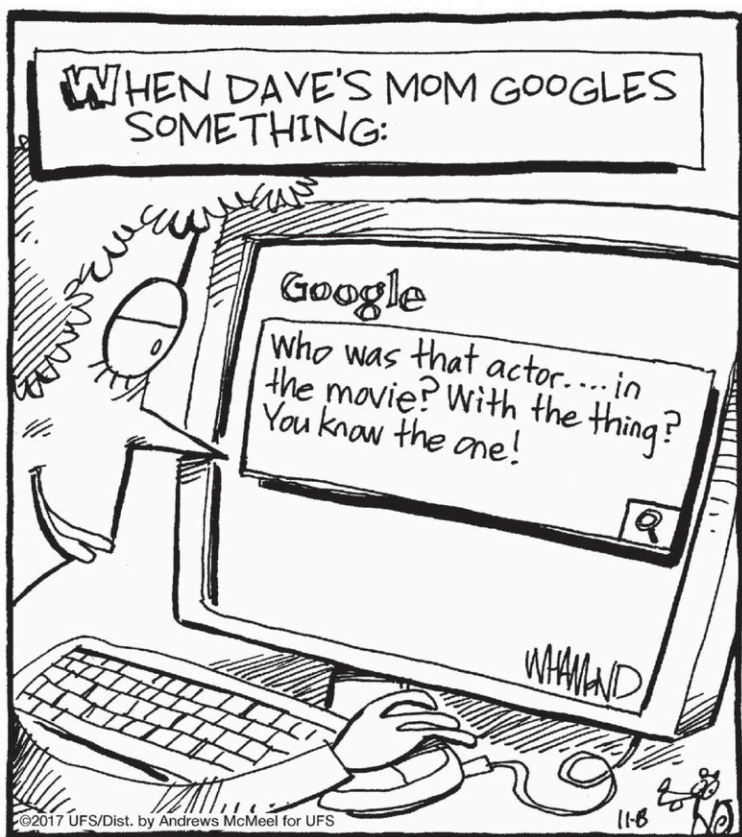
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" T N D C X M O F M K B V X B T K C M H G A . L F C T
K M Y J V F . M A G M S W M ' Y H N M S H A N H F A
M A A B A A N N F Z N S Y T O N C F G F B Z ."
— G D H G U B E W Y B S

Previous Solution: "To know the good from the bad, study a man or woman's history of actions, not their record of intentions." — Suzy Kassem

TODAY'S CLUE: $C \text{ equals } E$

REALITY CHECK

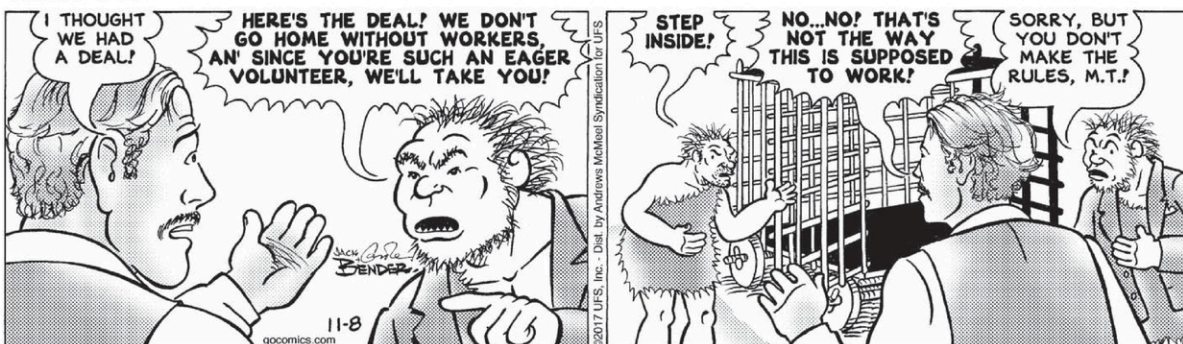


HERMAN

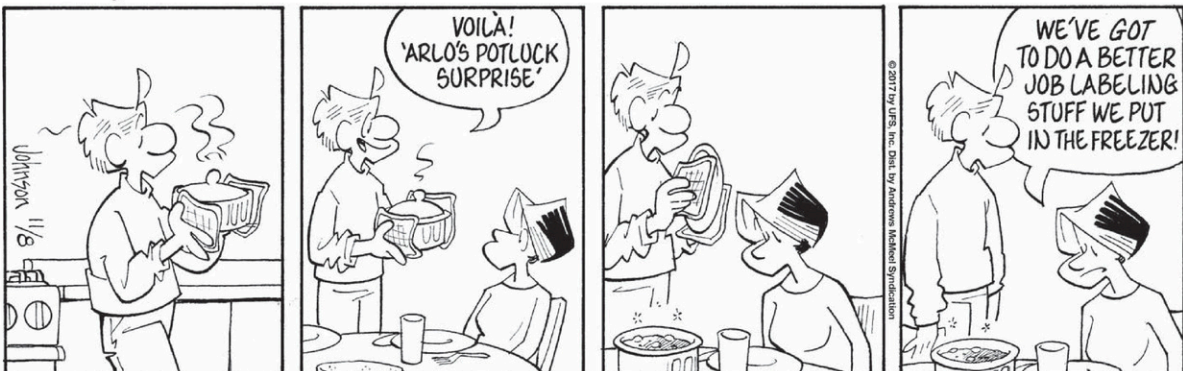


"I want you to take a half-hour walk, every day, 10 minutes before lunch."

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



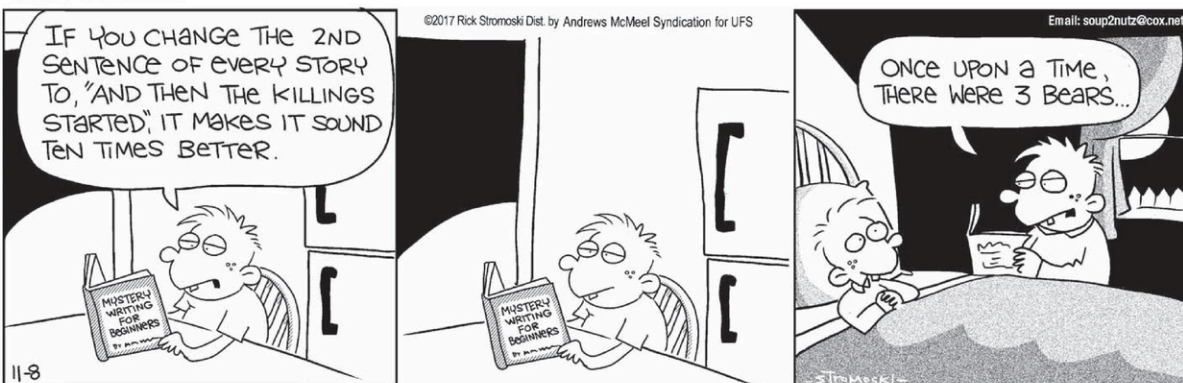
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Dear Annie

WEDNESDAY, NOVEMBER 8, 2017



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Dear Annie: Two elderly friends I know who live far away made plans to spend about six days in my city. I invited them to stay at my house for three nights, and they made reservations to stay in a downtown hotel for the rest of their visit. I had not seen them for a number of years, and I thought it would be nice to spend time with them. I thought I would ease their travel burdens by having them stay with me, at least for part of their visit. Traveling when you are 80-plus can sometimes be hard on you.

When I picked them up at the airport, both were sick with a cold. I became very concerned about my own health (and those around me), given that the previous winter, I had a severe cold that turned into pneumonia. It took more than three months for me to get better, even with antibiotics.

They sneezed, coughed and blew their noses the whole time they stayed with me. We were often in close contact, not only inside the house but also in the car, given that I drove them around for sightseeing. To my surprise, they did not seem to be that worried about my getting sick. Unfortunately, I did end up catching their cold and was bedridden for four days after they left.

I don't want to be called a bad host who reneges on a promise. But should I have suggested to them upon their arrival that it would not be wise for them to stay with me, given their health situation? Staying at the same hotel at which they had reservations later in the week might have been an option. We still could have socialized, but it would have minimized my chances of getting sick.

Would this suggestion have been too selfish? — Still Feeling Sick

Dear Still Feeling Sick: When you have a history of pneumonia or another serious respiratory illness, the sniffles are nothing to sniff at. Yes, it would have been perfectly OK for you to explain your concerns to your friends and ask whether they'd mind checking in to the hotel a few days early.

Fingers crossed all your future houseguests are healthy, but if you find yourself in this situation again, speak up. Though your friends may have recovered from their colds, they'd feel pretty crummy if they knew they got you sick.

Dear Annie: I love reading your column, and now I have a question for you. My wife and I are in our mid-50s, and our daughter is in her mid-30s. During a recent trip to our house, she expressed how much she admires a piece of our furniture. Then she asked whether we have a will. Our daughter said she would love to have this particular piece of furniture. My wife and I are in pretty decent health, and we should be living for some years. Do you think this kind of question from our daughter is rude? I'm thinking it is. — Alive and Well

Dear Alive and Well: I think it was rude, but it sounds as if your daughter had no clue she was being offensive. Tell her how the remark hurt your feelings so it's not weighing you down. I hope she takes the chance to apologize.

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

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ELDERLY COUPLE in the country, 20 km. from Lennoxville, Bishop's University, **has a room or small apartment for rent**, partially furnished, for a serious, mature student. If interested, call 819-838-1502 anytime.

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

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PREVIOUS SOLUTION

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

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

Freezer-friendly flavours

(NC) Finding time to make a home-cooked meal is challenging for most, but making freezable dishes is a great way to stay on track on any busy week. Pasta sauce, chili, stew, soup, casserole and meat pie recipes all freeze, thaw and re-heat well without compromising quality or taste. Pair your favourite recipe with hardy, protein-packed options like ground pork, Italian sausage, smoked ham or pork roast for a hearty meal that will stand up to the freezer.

Once your meal is cooked, store it in sealed, airtight containers such as freezer bags, mason jars and plastic or glass containers. This will preserve your dish for maximum freshness while allowing for convenient defrosting.

This extra-meaty tomato sauce with duBreton Certified Humane and organic pork can be easily cooked and stored in the freezer for easy weeknight meals.

Extra-Meaty Pasta Sauce

Prep time: 30 minutes

Cook time: 2 hours 30 minutes

Serves: 8

Ingredients:

- 1 pkg (400 g) mild or hot Italian sausages
- 1 tbsp (15 mL) olive oil
- 450 g (1 lb) pork shoulder boneless roast
- 450 g (1 lb) ground pork
- 1 pkg (125 g) sliced smoked ham, minced
- 2 large onions, chopped
- 3 celery stalks, chopped

- 1 green pepper, finely diced
- 1/2 lb (225 g) mushrooms, sliced
- 4 cloves garlic, minced
- 1 large can (28 oz/794 g) crushed tomatoes
- 2 large cans (56 oz/1.59 kg) diced tomatoes
- 1 small can (5.5 oz/156 g) tomato paste
- 30 ml (2 tbsp) Italian seasoning
- Freshly ground salt and pepper

Directions:

1. Slice sausages in half lengthwise; remove and discard the casing.

2. In a large pot, heat oil over high heat. Add pork roast and sear on all sides. Remove from pot and set aside.

3. In the same pot, sauté sausage meat, ground pork and ham. Once meat is seared, add onions, celery, green pepper and garlic. Continue sautéing, stirring frequently until meat is cooked and vegetables are soft. Add crushed and diced tomatoes, tomato paste and seasoning. Bring to a boil and add salt and pepper to taste.

4. Return pork shoulder to pot, reduce heat to medium-low, cover and simmer for 2 to 3 hours until pork is tender. Remove from pot, shred using two forks and return meat to sauce.

5. Adjust seasoning to taste and serve over your favourite pasta.

Find more delicious recipes online at dubreton.com.



Caregivers National Week - November 8

Caregivers National Week gives a way to reach out and to contribute to an environment that fosters the well-being of our seniors.



BALANCING WORK AND CARING FOR A LOVED ONE

In Quebec, over half of caregivers of seniors hold a job, and most of them have to work over 30 hours a week. For many caregivers, finding and maintaining the balance between work, caring for a senior and sometimes caring for their own children too can be difficult. Here is some practical information for caregivers with jobs.

What the law says

In Quebec, labour standards protect workers under this legislation by allowing them, in certain circumstances, to take time off work due to the health of a loved one. These absences are unpaid and a medical certificate may be necessary for extended absences. The educaloi.com website has a valuable information sheet on this topic.

Existing resources

Statistics show that 70% of caregivers feel stress or fatigue "some or all of the time" because of their role, and 60% admit to feeling sad. When it comes to their career, 10% of caregivers have turned down or not sought a new job or promotion because of their caregiving duties². If this describes you, the following resources might help.

Employee Assistance Programs (EAP)

Many organizations offer an EAP, which is designed to support employees facing personal challenges or physical or psychological health problems. Various services may be available, for example: telephone, legal or financial consultation, psychotherapy, etc. Don't hesitate to find out if your organization has such a program.

Organizations specializing in employability

Employability organizations provide services that promote job retention and integration or re-integration into the workplace, for example: guidance, counseling, individual support, group activities, etc. Some of these centres have developed expertise and special services for women and caregivers. To help you find a resource in your region, Emploi-Québec has created a directory of organizations that specialize in employability [in French].

Ask for the "Guide for People Who Care for a Loved One" at Austin's Town-hall, prepared by TCA Memphrémagog (Table de concertation pour les aînés), an invaluable tool on resources. The closest Volunteer organization CAB, "Centre d'Action Bénévole" offers a number of different types of services to Seniors and Caregivers alike. CAB is also equipped with volunteers, residents of Austin, who are willing to help. For more information, please contact CAB at 819-843-8138 # 205.

In the course of implementing Austin's Family and Seniors Policy, the Executive Committee has met with organisations working in the fields of health, security and community support.

L'Appui is an organisation whose mission is to help improve the quality of life of caregivers to the elderly, and all partners agree : it is crucial to reach, educate and inform the caregiver as soon as possible in his path.



CAREGIVER SUPPORT

1 855 852-7784

LISTENING-INFORMATION-REFERRALS

Caregiver Support is a free and confidential phone consultation, information and referral service for the caregivers of older adults, as well as friends and family, practitioners and health care professionals.