



Flags at half-mast in memory of André Nadeau

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THE RECORD

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FRIDAY, FEBRUARY 28, 2020

Lennoxville Canada Reads event to welcome national host

By Gordon Lambie

The Lennoxville Library's annual "Canada Reads . . . and so does Lennoxville" event is coming up on March 11 and it is getting a noteworthy special guest. Ali Hassan, Canadian comedian and host of the national Canada Reads competition since 2017, will be moderating the Lennoxville event for its fifteenth edition.

"We just felt this was a great chance for the community," said Judy Keenan, who heads up the event's organizing committee, explaining even though the offer came relatively late in the planning process it was a pleasant surprise. "It was something we couldn't pass up," she added, noting that although the CBC has long supported the Lennoxville event this is a whole new level of collaboration.

Hassan will also be joined by Breakaway host Alison Brunette, and the event will be recorded so that excerpts

CONT'D ON PAGE 3

Fun in the sun on a snowy day



COURTNEY GRAINGER

By Gordon Lambie

The Wales Home's activity department organized a beach party on Thursday to bring a little warm weather and sunshine to an otherwise drab winter day. Carol Ann McElrea, the home's Activity coordinator explained that in addition to reminding people of the summertime in the middle of winter, part of the inspiration

behind the event was to make the most of the renovations currently underway on the building.

"We have to relocate things, so we're trying to make it fun," she said. "We asked people to get dressed up in their ugliest Hawaiian shirts and silly beach hats and stuff."

While on the surface level the activity might just seem like a way to add a little spice and colour into the month

of February with games and music, the coordinator also pointed out that gatherings like this one are a great way to break down feelings of isolation and build community. On that note she added that members of the wider community are always welcome to come join in the fun, and anyone who wants to take that a step further to volunteer can reach out to her for more information.

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## Weather



TODAY:  
FLURRIES

HIGH OF -8  
LOW OF -11



SATURDAY:  
CLOUDY

HIGH OF -4  
LOW OF -14



SUNDAY:  
SUNNY

HIGH OF -5  
LOW OF -13



MONDAY:  
60% CHANCE OF  
FLURRIES

HIGH OF 1  
LOW OF 0



TUESDAY:  
60% CHANCE OF  
FLURRIES

HIGH OF 6  
LOW OF -3

# Getting the Drift



## GOOD READS LENOXVILLE LIBRARY

Submitted by Vincent Cuddihy

Joseph Jefferson Farjeon published more than sixty crime and thriller novels during the heyday of crime fiction in the interwar period. Most of Farjeon's work has long since been out of print. So it was a surprise when we received a Christmas gift of *Mystery in White: A Christmas Crime Story* (2014). Originally published in 1937, this tale begins with a train bound from London to Manchester getting stopped dead in its tracks on Christmas Eve. Farjeon uses the delay to introduce the reader to six passengers riding in a third class compartment. One of the amusing things about this exercise is to learn what each character thinks of the others, based mostly on their appearance, and then to find out how wrong they were when the others get to have their say.

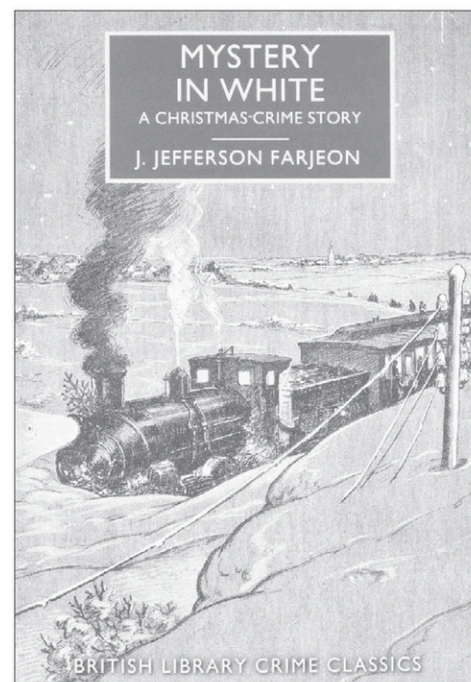
There are a young brother and sister, David and Lydia Carrington, who are off to visit an aunt for Christmas. Robert Thomson, an accounting clerk, is embarked on a similar errand, but it is more of a chore. Jessie Noyes is a showgirl who is trying to get to Manchester to meet a talent agent. She is hoping that if he sees her footwork, he will be persuaded to find work for her. There is an elderly gentleman who is clearly an army veteran, as well as a dirty old man. Farjeon identifies him only as "the bore" until much later on. The last occupant is a man in his 60s, Edward Maltby, of the Royal Psychological Society, who is on his way to Naseby for an encounter with Charles I, or a manifestation of Charles I, who is alleged to haunt a house there.

Talk turns toward the possibility of leaving the train to seek shelter in a nearby town. The conductor informs them that the nearest station is at Hemmersby, which is five or six miles down the line. The others are startled when Maltby grabs his bag and bolts off the train into the snow. Some of them think they have seen someone else outside the train. After some discussion, four of them set out after Maltby, leaving the bore to savour his own company. They find a sign indicating the path to Hemmersby, but they lose track of Maltby's footsteps. Jessie faints and falls, injuring her ankle. David gallantly offers to carry her. By now it is late afternoon and they really are lost. Their hopes are raised when they stumble against a barn: if there is a barn, there is probably a house nearby. Thomson manages to find the house. When no one answers the bell, they try the door and find it is open. This is where the real mystery starts.

There are fires lit in four different rooms. The drawing-room has been laid out for afternoon tea, complete with hot water in the pot. A search of the house finds no one inside, although David does find a locked door that he thinks leads to the attic and he hears a shuffling noise inside. David and Lydia decide that after tea, Jessie, who can barely walk, and Robert, who looked sick on the train and has become much worse out in the blizzard, should be taken upstairs to bed. When David returns, he finds Maltby standing in the front hall, transfixed by a painting of a man that he presumes to be the owner of the house. Judging by the style of his clothes, Maltby surmises that the painting was probably done about twenty years earlier.

Maltby conducts his own search and finds the attic door is now open. There is no one inside, but there is an open window. He suspects that whomever David heard has made a getaway over the porch roof. When he comes down, there is a burly man, who says his name is Smith, in the house. He claims to be a local trying to get to another town, but he has a strong cockney accent, and he drops a ticket for the train to Manchester on the floor. This leads him to rush out the door.

Maltby and Carrington try to follow, but are distracted by calls for help.



They encourage the distressed person to keep shouting and wind up rescuing "the bore". They bring him back to the house, where he reveals that he has fled the train because the guard had discovered a murdered man in the compartment adjoining their own. Suspicion begins to turn on "Smith", but that still doesn't tell them where the occupants of the house have gone. More thorough searching uncovers letters that indicate a caretaker does indeed live in the house and that the owner and his daughter were expected to arrive for tea that afternoon. Another appearance by Smith unnerves the others even more. But he takes off again, leaving the six to try to figure out what has been going on.

While I liked this book, I did find the writing a trifle uneven. The early part, when the six are still on the train, struck me as being somewhat overwritten. But once the four get to the house, the pacing is very good. I particularly enjoyed the description of Robert's fevered dream episode where he ends up walking in his sleep. But then I found the conclusion to be rather abrupt, almost as though Farjeon had gotten tired of his own story.

*Mystery in White* is now available at the Lennoxville Library. Don't forget Canada Reads at 7pm on March 11th at the Amédée-Beaudoin Centre.

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## Ben by Daniel Shelton



# Local News

*“That’s one of the things we want to do on the committee is keep bringing in new people and, as much as possible, people from diverse backgrounds and communities so we can be as inclusive as possible...”*

## New call for projects for the tags and graffiti committee

Record Staff

Once again this year, Sherbrooke organizations and artists are invited to submit a project or event that promotes the art of graffiti to the tags and graffiti committee before April 6, at 8 a.m.

For the past few months, urban artists (graffiti artists) in Sherbrooke have had the opportunity to register in the City of Sherbrooke’s cultural directory by going to [sherbrooke.ca/directory](http://sherbrooke.ca/directory).

This registration will allow organizations wishing to submit a project

through the call for projects to have access to the contact information of these artists.

The files received will be analyzed by the tags and graffiti committee according to the following criteria:

- the link between the project and the committee’s objectives;
- the local impact of the project;
- the feasibility and realism of the project (work plan, budget, schedule, etc.);
- the source of funding;
- the partnership with local stakeholders;

- the ability to carry out the event and ensure ownership of the event;

- the commitment to put in place measures to ensure security, to avoid overflows during the event and to clean up the site after the activity;

- demonstration of compliance with applicable laws and municipal by-laws;

- demonstration that all necessary authorizations and permits have been obtained.

Selected organizations and artists will also be required to provide a project report to the tags and graffiti committee within the required timeframe.

An amount equivalent to 10% of the amount awarded will be withheld and remitted upon submission of this activity report.

The organizers of the selected projects will be informed in mid-May and the projects will be carried out over the summer.

To download the project application form and to obtain additional information, interested parties may consult [sherbrooke.ca/graffiti](http://sherbrooke.ca/graffiti) or write to [comitetagsetgraffitis@ville.sherbrooke.qc.ca](mailto:comitetagsetgraffitis@ville.sherbrooke.qc.ca).

## Hospitals say avoid emergency rooms if possible

Record Staff

In view of the large number of people in local emergency rooms, the CIUSSS de l’Estrie - CHUS is asking the population to consider different options before going to the emergency room. Of course, the people who come to the emergency room will be seen according to the level of prioritization of their state of health.

What to do before going to the emergency room:

If you are ill and your condition is not urgent, you should: Stay home and take care of yourself

Call Info-Santé at 811.

Consult a pharmacist

Make an appointment with your family doctor or go to a walk-in clinic

The site [www.santeestrie.qc.ca](http://www.santeestrie.qc.ca) is an excellent source of information on the various options available to users before going to the emergency department, as well as the schedules of clinics and family medicine groups (FMGs) in the territory.

Emergency Site	Capacity	Nb.	Gap	Stay + 24 h	+ 48 h	Waiting Hosp.
CIUSSS de l'Estrie - CHU de Sherbrooke						
Hôpital Fleurimont	28	40	-12	7	1	10
Hôtel-Dieu de Sherbrooke	44	58	-14	13	3	20
Hôpital CLSC et centre d'hébergement d'Asbestos	7	4	3	0	0	1
Centre de santé et de serv. soc. de la MRC-de-Coaticook	6	3	3	0	0	0
Centre de santé et de services sociaux de Memphrémagog	7	9	-2	1	0	0
Centre de santé et de services sociaux du Granit	5	9	-4	0	0	0
Hôpital de Granby	20	28	-8	9	2	13
Hôpital Brome-Missisquoi-Perkins	16	15	1	3	0	6
<b>Whole Region</b>	<b>133</b>	<b>166</b>	<b>-33</b>	<b>33</b>	<b>6</b>	<b>50</b>

PHOTO CREDIT: FROM THE [WWW.SANTEESTRIE.QC.CA](http://WWW.SANTEESTRIE.QC.CA) WEBSITE

The state of emergency rooms in the region as of 4 p.m. Thursday. To know the status of an emergency room, visit <https://www.santeestrie.qc.ca/en/care-services/general-services/emergency/situation>. The list is updated hourly.

## Canada Reads

CONT'D FROM PAGE 1

can be presented on future radio broadcasts.

Held the week before the national Canada Reads debates are broadcast on the CBC, “Canada Reads . . . and so does Lennoxville” brings together book lovers from Sherbrooke and surrounding communities to hear five local panelists make their case for the book they believe should be chosen as the “one book to bring Canada into focus.”

This year’s local panelists are Linda Buchanan, who will be defending Samra Habib’s *We Have Always Been Here*; Charity Kerrigan who will be defending Jesse Thistle’s *From the Ashes*; Sébastien Lebel-Grenier, who will be defending Eden Robinson’s *Son of a Trickster*; Jean Manore, who will be defending Cory Doctorow’s *Radicalized* and Aaron Patella who will be defending Megan Gail Coles’ *Small Game Hunting* at the Local Coward Gun Club.

Every member of this year’s panel is new to the role, something that Keenan said was done on purpose.

“That’s one of the things we want to do on the committee is keep bringing in new people and, as much as possible, people from diverse backgrounds

and communities so we can be as inclusive as possible,” the organizer said, adding that the library is lucky to be able to count on such an interesting and varied network of people. “There’s a big community out there,” she said.

Like last year, the event will be taking place at the Amédée-Beaudoin Community Centre in Lennoxville, and Keenan said that she hopes the additional space will go to good use. The evening will culminate in a discussion with audience members and panelists participating, followed by a vote to choose the winner. Volunteers will serve refreshments, and door prizes will be given out at the end of the night.

“An event like Canada Reads perfectly embodies the mission of the library: to bring people together around exciting books, to engage in thought-provoking discussions, build community, and—most importantly— to have fun in the process,” remarked library coordinator Christian Collins. “We always have a huge number of folks lining up to check out the books in the weeks leading up to the event. The conversations start at the circulation desk and culminate the night we hold our discussion. You can really feel the excitement building.”

Collins said that the library has acquired two copies of each book this year and they have been lent out for a maximum of one week at a time to try to accommodate people interested in getting the reading done in advance. Although people are still welcome to come put their names on the list, it might be a challenge to get every book finished in the two weeks remaining before the event.

Admission to the event is free and the event gets started at 7 p.m.



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## ONE COLUMN, FOUR VOICES

# Open to the Spirit

## Today's word: Fasting

By Revs Mead Baldwin,  
Rabbi Boris Dolin  
Lee Ann Hogle, and  
Rev. Carole Martignacco

1) Have you noticed the positive press this idea of fasting get these days. Long recognized as a practice for promoting spiritual growth and enlightenment, more secular contemporary forms like intermittent fasting late proven to have beneficial effects on ageing, disease prevention and overall well-being. Science and religion Affirming that body and spirit are indeed interconnected.

Perhaps you know personally the freedom of fasting. Possible rewards can include better health and an overall lightness of being. And I find a certain psychological wisdom to the timing of the Lenten fast. Shrugging off the heavy wraps of winter, anticipating the warmth and brightness of spring. It may be more than intuitive coincidence that psychologists now know it takes about 40 days to transform old habits to good ones.

Whether for heart health and weight control, as a body cleanse or for spiritual renewal, fasting can sharpen our sensory awareness; make us more tuned to savouring and gratitude. It's a powerful addition to our spiritual toolkits, it's as much about learning self-compassion and acceptance as will-

power and discipline.

What to give up without giving up? Still full of good intentions like the child I once was who eagerly looked forward to Easter candy, I've more or less religiously practised fasting all my life - and have yet to accomplish the perfect fast. Back then it was chocolate or reading by flashlight under the covers past bedtime. Now it's more about fasting from traits or behaviours that do not serve my own or anyone else's higher purpose. The kind of fasting Pope Francis calls for this year, when he encourages his people to treat each other with infinite kindness and mercy. May it be so for all the worlds people.

2) Most faith traditions have a tradition of fasting, whether for a holy day, or for personal penitence. This act of taking away the substance and the comfort of food seems to be a universal way to cut to the heart of what matters in life. For some, a fast is a heavy one, for the entire day from morning to night, or from evening to evening-often interspersed with prayers or ritual. Yet, the root of the act is usually the same. Without food, we have no choice but to focus less on the physical and more of the spiritual and emotional issues in our minds. Ideally, it makes it all easier.

Yet, we have to remember there is a reason why we don't fast every day. Not only would it be detrimental to

our health and our bodies, it would take away the other important side of faith and life, enjoying the pleasures around us. The taste of food, the satisfaction of a good meal, this can be as holy of an experience as the focus brought on by a fast. And of course as anyone who has fasted knows, nothing tastes better than that first bite of food after no eating for so long! While we may fast to gain power from deprivation, we have to remember that most of our non-fasting lives can instead be filled with pleasures and joys, both those which we receive and those that we give to others.

Holiness can be found in the enjoyment of life, not just the separation from it. And we can't all be saints. The Jewish Talmud says that in the "world to come", a person will have to give reckoning and account not only for all that they did (and did not do) but also for everything that their eyes saw and they did not eat. There is so much to enjoy in this world, so many new experiences and so many new flavors that it would be a shame to miss out on all of it!

I will continue to fast a few times a year, because by faith requires it, but I will also do my best to enjoy the food, the people and the life that I have with the same seriousness and strength that fasting brings.

3) The closest I have ever gotten to fasting was a 10 day silent meditation retreat. As it was not my first attendance at the event I was expected to fast from after lunch until breakfast the next day. At suppertime weak tea with no milk and no honey was permitted. For first-timers a large bowl of apples, oranges and bananas was provided. Some folks made elaborate fruit salads and dug in with relish. Old-timers tended to congregate on the opposite side of the dining room, averting their eyes from the fruit eaters, resolutely looking outside and sipping their weak tea. It is perhaps not surprising how the mind becomes fixated on food when it is not permitted. The purpose of fasting at the retreat was to enhance the quality of the meditation experience with no noisy digestive systems to distract from the cerebral activity.

Many religious traditions recommend fasting as a means of spiritual growth. Sufi mystic and devote Muslim Rumi is quoted to have said "Fasting is the first principle of medicine; fast and see the strength of the Spirit reveal itself." For those in Christian circles who follow the lectionary readings, this coming Sunday we read that before his ministry began Jesus fasted for 40 days in the desert and then was faced with a series of temptations. (Mt 4: 1-11) Our first interpretation of this story might be to think that Jesus was at his weakest point when faced with the seductive offers of the powers of darkness. However we read that the strength of his spirit was stronger than the weakness of his body and perhaps the fasting had something to do with that.

4) As Christians begin the season of Lent this week, we are invited to use the 40 days leading up to Easter as a period of spiritual reflection. Many will commit to giving up a favourite food or pastime as a means of awakening from their habitual thought patterns and eating habits, a means of calling their attention back to their deeper spiritual concerns and goals. We live in a society of instant gratification, yet the seductive availability of so much can lull us into thinking that the good life is all about getting more and more. Fasting helps us get back to basics, interrupts our patterns of over-consumption in mid-stream, resets our inner clock and finds us considering how the good live may actually be lived out by giving rather than receiving.

We are in the season of Lent, and for some, this means a time of fasting and prayer. The purpose of fasting, in theory, is to free our mind from appetites for food or other desires in order to be more attentive to the divine. This discipline is found in many diverse religions. My Muslim friends fast all day till sunset in Ramadan. I remember one Christmas day a good friend who was Islamic was invited to our house. We played games and had fun, but we all waited till after 6 pm to eat anything because he was fasting. He was very appreciative.

Many people choose to give up something in Lent, like chocolates. I have always resisted going along with the crowd, so I prefer a different approach in this sacred season. I like to add something to my daily schedule instead. Some years I read one of the psalms each morning. Once I took time each day to write a personal thank you card to someone who had helped me in my life. Another time I tried doing a random act of kindness every day. It seemed to me that adding something meaningful to my spiritual journey meant more than denying myself something.

Fasting may contribute to some people's journey of faith, but as a diabetic, it might be dangerous for me. Still, I believe the season of Lent is an appropriate time for each of us to spiritually prepare for Easter. Just being aware, and finding some time daily to reflect on our own journey is helpful. Something to think about perhaps, is what will you choose to do in the

**One word, four voices - and as always your turn to reflect: is fasting one of your practices, and if so, from or for what do you fast?**

Rev. Mead Baldwin pastors the Waterville & North Hatley pastoral charge; Rabbi Boris Dolin leads the Dorshei-Emet community in Montreal; Rev. Lee Ann Hogle ministers to the Ayer's Cliff, Magog & Georgeville United Churches; Rev. Carole Martignacco, Unitarian Universalist is retired from ministry with UUEstrie and now resides in St. Andrews-by-the-Sea NB, but keeps one foot in the Townships by continuing with this column.

## GLIMPSES OF THE PAST



Ivan Boisvert Collection. Musée d'histoire de Sherbrooke

A famous poet born into a family of farmers and loggers in Saint-Élie-d'Orford in 1901, Alfred DesRochers had the chance to study with the Franciscans in Trois-Rivières, after which he studied screen printing from 1918 to 1921. After working at the *La Tribune* newspaper in Sherbrooke in 1925, in 1927 he founded his own newspaper, *L'Étoile de l'Est*, before publishing his first book of poetry, titled *L'offrande aux vierges folles* (1928). However, it wasn't until the release of his collection *À l'ombre de l'Orford* (1929) that this Eastern Townships poet really rose to fame. The nostalgic poetry of this collection harkens back to a bygone era, often referring to the beauties of nature.

## INTERESTED BY HISTORY?

Visit the bilingual exhibit, *Sherbrooke's memories* in the Andrée Désilets room of the History Museum of Sherbrooke.

275 Dufferin, Sherbrooke  
Informations : 819-821-5406  
Mhist.org



# Alain Rayes supports extending EI benefits for serious illnesses

Record Staff

no fewer than 149 Liberal MPs voted against.

In a recent statement Rayes said he believes that increasing the number of benefit weeks will meet a real need in the constituency of Richmond-Arthabaska and around the country. "It is time to seriously consider increasing the duration of benefits for people with serious illnesses," he said. "Right now, these benefits last only 15 weeks. We need to make sure that people with serious illnesses can count on a program that provides financial support while they are going through this difficult time."



PHOTO CREDIT: COURTESY

The MP for Richmond-Arthabaska and the Quebec Political Lieutenant, Alain Rayes, voted in favour of a Bloc Québécois motion to increase the number of weeks people are eligible to receive special Employment Insurance sickness benefits if they have a serious illness.

According to a press release sent out by Rayes' office, The motion was agreed to in the House of Commons with a total of 169 votes for—a combination of Conservative, BQ, NDP and Green MPs, as well as one independent MP—while

# Flags at half-mast in memory of André Nadeau

Record Staff

weekend.

A former rock forest city councillor, Nadeau had already made his mark in the community by contributing greatly to the installation of the outdoor activity centre that bears his name.

To this day, the centre is known for its sports activities for the whole fam-

ily.

Nadeau is also known for his involvement in the Fondation de l'Institut Val-du-Lac, the Knights of Columbus and the Lions Club.

"Mr. Nadeau has always had the well-being of his fellow citizens at heart. His actions will remain a source

of inspiration for many Sherbrooke residents. It was therefore important for us to pay him this tribute," said Sherbrooke Mayor Steve Lussier.

City hall flags will be flown at half-mast until March 2.

The City of Sherbrooke will pay tribute to André Nadeau, who passed away last Saturday, by lowering the flags at City Hall and at the Brompton-Rock Forest-Saint-Élie-Deauville borough office to half-mast for the

# Ballet visionary Mavis Staines to enter Hall of Fame

Record Staff

their overall health while maintaining the highest standards in dance."

Since its launch in 2018, the DCD Hall of Fame has been a testament to the importance of recognizing Canada's remarkable dance artistry. This year's list of inductees and award winners is impressive - reflecting a diverse range of Canada's exceptional dance artists and supporters.



PHOTO CREDIT: COURTESY

Mavis Staines C.M. originally from Cowansville, has revolutionized the way dance is taught, performed, witnessed, and shared across Canada and around the world.

Over her 30-year tenure as Artistic Director of Canada's National Ballet School (NBS), she has cemented the school's reputation as a leader in excellence, access, and inclusion.

This year, along with other esteemed individuals, Mavis will be inducted into the 2020 Dance Collection Danse Hall of Fame as the recipient of the William J.S. Boyle Dance Luminary Award.

Mavis's approach to the holistic well-being of elite students sparked an international conversation about classical ballet training, with a focus on progressive approaches in pedagogy, mind-body awareness, and nurturing the complete dancer. Her wholehearted enthusiasm for exploring technology in the arts, cross-disciplinary collaboration, and partnership building put Canada and NBS on the map of global leaders in ballet.

DCD Executive and Curatorial Director Amy Bowring commented, "Mavis has revolutionized how classical ballet dancers are trained, with a focus on what is best for the dancer - increasing

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by William Gibson

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Centennial Theatre • Bishop's University

# EDITORIAL

*We need extra health funding urgently to increase community care and expand acute hospital bed capacity by building more chronic beds.*

## How will we fund the legitimate concerns of First Nations and also urgently needed health expenditures to contain COVID-19 and any future pandemics?

Rail service across Canada has been halted for nearly three weeks by Indigenous protests. Rail lines have been blocked in Sherbrooke and at Khanawake; the latter has cost Exo \$35-45,000 per day in the rental of shuttle buses.. It has disrupted shipments of food, grain, propane, oxygen, and chlorine, and threatened widespread unemployment. It has also increased CO2 emissions as persons drive or fly rather than travel by rail.

The Coastal GasLink project in British Columbia not only would have had major economic benefits to Indigenous groups along the route, but it would have possibly reduced Asian demand for coal in favour of cleaner gas and oil.

Ironically, Vancouver is the largest coal-exporting port in North America. India had planned to increase its coal-fired power capacity by 22% in the next three years. Nuclear energy once provided a third of Japan's power generation, but due to the Fukushima disaster, dropped to 3% by 2017. Japan now plans to build up to 22 coal-burning power plants over 5 years. Thus those opposed to Coastal GasLink on environmental grounds should consider the effect on total world emissions.

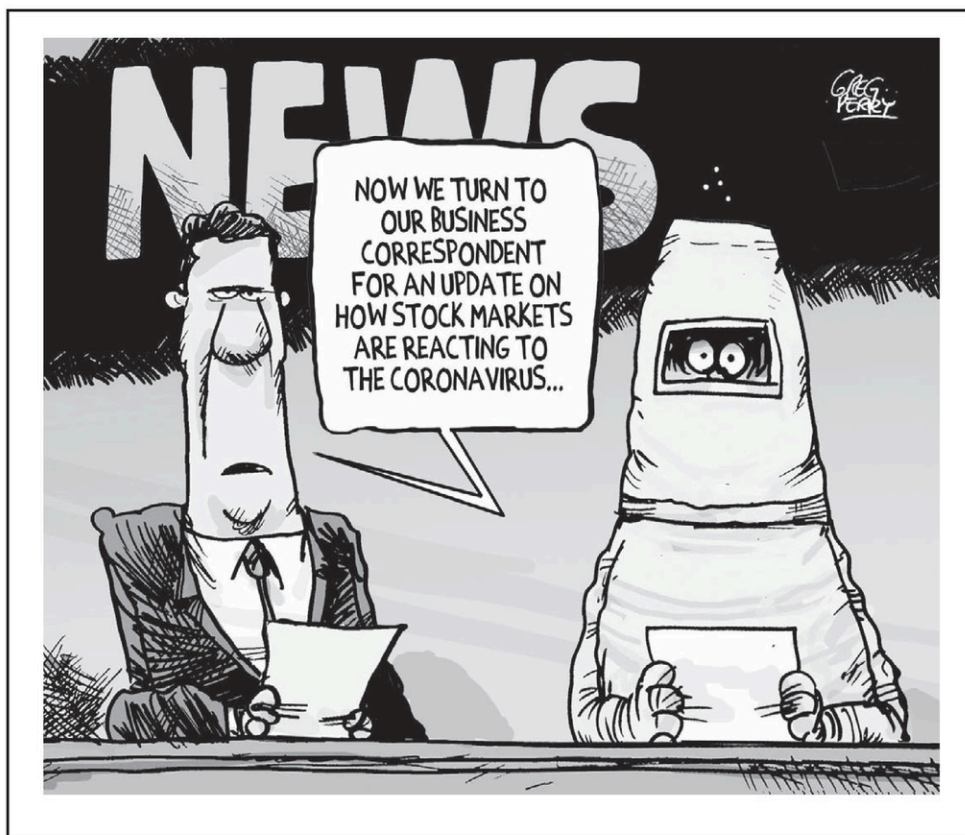
Federal debt has increased 5.6 per cent over the past years. This year the total federal/provincial debt will total nearly \$1.5 trillion. Quebec's debt is \$280 billion and Ontario's is \$348 billion. Oxford Economics estimates that COVID-19 may slash global domestic product by \$1 trillion; in Canada, this will be further compounded by the rail blockades.

Many provinces rely on equalization payments (Quebec about \$13.2 billion per year). All provinces depend on the Canada Health Transfer for 20-25 per cent of their health budgets. Due to the Canada Health Act, private funding of our health system is illegal; it must rely almost entirely on government revenues.

Sadly, of countries with universal healthcare, Canada ranks 26th of 27 in acute hospital beds per thousand people. We have virtually no surge capacity. As Dr. Alan Drummond of the Canadian Association of Emergency Physicians, warned, "Our day-to-day experience in crowded hospitals, unable to get the right patient in the right bed on a day-to-day basis...makes us really question what the integrity of our health-care system would be like in a major pandemic."

Except for severe economic effects, we may well "dodge the bullet" of COVID-19, which has spread to 40 countries and claimed over 2700 lives -more than triple that of SARS in less time. But what of another future pandemic? As Dr. Tedros A. Ghebreyesus of the WHO cautioned, "We must not look back and regret that we failed to take advantage of the window of opportunity that we have now." Although Chief Medical Officer Dr. Theresa Tam acknowledged that hospital capacity was a "critical aspect" of our preparedness for a coronavirus outbreak, seemingly no Canadian politicians have heeded this advice.

Government revenues from energy are currently \$14.1 billion annually - some 11 per cent of our national GDP. If our oil and gas cannot reach world



markets at fair prices, in order to provide for additional health funding, the unpleasant choices are to go deeper in debt or raise sales and/or personal income taxes. The top 10 per cent of income earners (including senior teachers, nurses, and civil servants) already pay 54 per cent of all income tax. Further tax hikes would not merely impact the "rich."

We need extra health funding urgently to increase community care and expand acute hospital bed capacity by building more chronic beds. China has built two acute-care hospitals totaling 2,500 beds in about 10 days. If political leaders could muster the will, and we could find the money, could we not over the next several months begin to build new chronic care facilities across Canada?

Logically, much of the required

funding could come from a prosperous Canadian energy industry. As Alberta Premier Jason Kenney argued, people want "the right balance between economic opportunity and environmental responsibility."

At a time when there is a breakdown of law and order, the possibility of both a pandemic and an economic recession, Canadians urgently need leadership from their politicians.

**Charles S. Shaver, MD**  
Ottawa, Ontario

Ottawa physician Dr. Charles S. Shaver was born in Montreal. He graduated from Princeton University and Johns Hopkins School of Medicine. He is Past-Chair of the Section on General Internal Medicine of the Ontario Medical Association. The views here are his own.

## Bishop's University Students' Representative Council Celebrates Finally Getting a Crosswalk Stop Light

*College Street crosswalk to be completed this year*

Back in November of 2016, The Record published an editorial stating that "Transport Québec

- our provincial government's costly transportation department - could use some better engineering and

planning. Pedestrians are getting hit at provincially designed crosswalks..."

This came about after multiple pedestrians got hit at the College Street and Little Forks crosswalk just before the arches. These incidents sparked a sentiment of urgency within the Bishop's University Students' Representative Council in advocating for a better engineered and safer crosswalk. A protest was organized, and letters sent to the Ministère du Transport urging the government to take action to prevent any further accidents from occurring. It has taken several years of meetings and ongoing correspondence with the Ministry but the SRC was extremely pleased to

learn that Transport Québec is going out for tender to install a stoplight for pedestrians before the fall semester begins.

"This is a real win for the students and the Bishop's community at large," said SRC President Marilyn Hardy. "We're thrilled the government has finally recognized the need to increase safety at this busy crosswalk. Too many accidents and near accidents have occurred here. We're especially pleased that it will be in place before another academic year gets underway."

**Submitted by Students' Representative Council - Bishop's University**

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### THE RECORD

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# Made from scratch:

## Trevor Paterson on the art of raising poultry

By Nick Fonda

Chickens were domesticated some 10,000 years ago. Trevor Paterson has been raising them since he was three years old.

Trevor grew up on the family dairy farm and his interest in poultry might be something he inherited from his paternal grandmother who raised a breed known as Light Sussex.

Trevor's first birds were red laying hens that came from the Shur-Gain Feed Mill in Richmond, but by the time he was ten or 12 he was showing birds at Richmond Fair and his flock already included a variety of breeds: Plymouth Rock, Buff Orpington, Wyandotte. At 22 he was breeding birds to a standard of perfection.

"My parents were supportive," he said, "even if my chickens were taking a certain amount of space."

Because of the potential for transmitting disease, poultry cannot be kept in a dairy barn, so space was made for Trevor's chickens in a secondary building.

His family continues to be supportive. "In all, right now, I have about 200 birds," he said. "I have two different buildings on my own property housing chickens, but I still keep some birds in one of the outbuildings on the family farm."

In the winter the birds, not unlike humans, like to stay inside. In the summer however, the chickens spend much of the day outside where, to a certain extent, they can range freely.

"I have a couple of chicken tractors," said Trevor. "These are A-frame structures made of 2 X 3s covered with netting to keep the chickens in and any predators out. They're about nine feet long by six feet wide and equipped with a set of wheels so that they can be

moved to give the birds fresh pasture."

"Chickens are omnivorous," he continued, "so when they're outside, in addition to the mash I feed them, they also eat grass, worms, bugs, and anything else they might find. I occasionally give them table scraps like apple cores, pumpkin seeds and other vegetable remnants."

"I couldn't tell you how many breeds exist world-wide," he added, "but the number is probably several hundred, many of which we just don't see in this part of the world. The number is high because within any given breed, there might be several different varieties. As well many breeds come in both bantam and standard size."

At the present time, Trevor Paterson is keeping about a dozen different breeds including Black Orpingtons, Lavender Orpingtons, Chocolate Orpingtons, Barred Plymouth Rocks, Silver Penciled Plymouth Rocks, Rhode Island Reds, Speckled Sussex, Cream Legbars, and Welsummers.

"I also have some Black Copper Marans," he said. "This is a French breed that lays eggs with a very dark brown shell. It's a breed that is particularly popular with French chefs."

"Another particular breed I have is the Cream Brabanter," he continued. "These birds went extinct in the 1920s, but through cross-breeding, the breed, or something very similar to it, was re-created."

Trevor's most expensive breed is the Ayam Cemani. "These chickens are totally black and even the flesh and organs are dark. They originated in Indonesia where they are considered to bring good luck and spiritual serenity. They're becoming a little more common so prices have dropped, but two years ago I sold four birds for \$1000. A dozen hatching eggs still go for \$100,



and an individual hen can fetch \$150."

"Breeders will buy birds because they want to improve their own stock, so buying a quality bird is seen as an investment," Trevor explained.

"Different breeds of chickens will produce different coloured eggs, and will differ in character, as well as have different physical characteristics," he explained.

Showing birds can present a considerable challenge.

"Just as with cattle or any other livestock," he said, "judges are looking for certain specifications, and the list for poultry is quite long. Birds are judged on their ear lobes, on the angle of the tail, and on the posture of the wing. A slip wing—one that droops—will put a bird out of the running. Judges also look at the colour of the feathers, the colour of the legs, the beak, and the eyes."

"As with other livestock," he continued, "the birds have to be cleaned and groomed before a show. If you use warm water, they quite like being washed. Sometimes I'll use a hair dryer on them, but they'll also ruffle their feathers and dry themselves."

"Last year I went to two fairs," he added. "There were about two dozen people showing at the Richmond Fair, up quite a bit from previous years. I showed there, and then I showed at the Victoriaville Provincial Classic."

At the Victoriaville show, Trevor's Silver Penciled Plymouth Rock was chosen as the champion standard size chicken. Here he was up against competitors from as far away as Ontario and Prince Edward Island. Ironically, the competitor who placed second was the same person who had edged him out for first place at the Richmond Fair.

"Eventually, I'll probably go to more shows," he says. "The one I'm most interested in attending is Ontario Poultry Breeders Show."

Held in Grassie, about half way between Hamilton and Niagara Falls, the show is a two-day affair and is billed as the biggest poultry show in Canada.

While Trevor knows of several other poultry breeders, he acknowledges that there aren't that many breeders around.

"Chickens are not difficult to keep," he said. "I do it as a hobby and I probably don't spend much more than five hours a week on my birds. I'm set up with feeding and watering systems, so if I have to, I can leave the birds unattended for several days. They're small animals and that also makes them relatively easy to work with."

Over the last several years a number of municipalities have reconsidered the role of chickens and have changed bylaws to permit citizens to keep them even in residential areas. In Richmond, for example, a household is permitted to keep as many as four chickens—the same number as household pets.

Unless they're kept in artificial lighting, chickens will tend to lay about an egg per day in the summer and almost stop laying altogether in the winter.

"The change in bylaws has been good for me," Trevor acknowledged. "I have a Facebook page and I have had slightly more people contacting me for birds."

Besides providing Trevor with eggs, his chickens also provide him with meat.

"I'm equipped to do my own butchering," he said, "and it's something I tend to do in the fall. Once the bird is decapitated, I scald it in water at 160 C and then put it through a plucker that has rubber "fingers" to remove the feathers. I then gut the bird and freeze it. I eat about a chicken a week."

"For me," Trevor Paterson says, "it's a hobby, but I agree that there's an art to raising poultry."



# Slopestyle competition at Orford this weekend

Record Staff

This coming Saturday, February 28, Mont Orford will host its 14th annual Golden Crown slopestyle competition. The acrobatic ski event is among the oldest of its kind in Quebec and, according to organizer Frédéric Simard, is seen as a steppingstone to the Junior Canadian Championships and Olympics.

The slopestyle descent involves multiple rail modules and big-air jumps, and competitors are judged based on criteria such as complexity, control, height, style and landing. The competition is open to skiers and snowboarders of all ages, and spectators can come watch the competition for free.

More information is available at <http://www.stepuptour.com/orford.html>



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## WORKING to meet my commitments!



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**Geneviève Hébert,**  
MNA for Saint-François

### COMMITMENTS FULFILLED SINCE THE BEGINNING OF MY MANDATE

- Financial assistance of \$ 2.2 million from the Ministry of Education and Higher Education for the renovation of the swimming pool at the Cégep de Sherbrooke (February 11, 2020)
- Convergence of ambulance coverage in Coaticook to increase the ambulance presence (November 1, 2019)
- Increased funding for the Cégep de Sherbrooke by \$3.8 million per year (August 22, 2019)

### OTHER CONCRETE ACTIONS

- \$7 million investment for Le Carrefour du savoir du Campus de la santé at the University of Sherbrooke
- \$5.9 million investment to renovate Divinity Pavilion at Bishop's University
- Subsidy of \$100,000 awarded to the Center for Agricultural Initiatives in the Coaticook Region (CIARC) for the year 2019-2020
- Additional funding of \$1 million per year for the University of Sherbrooke and Bishop's University in support of their regional development mandate



# Local Sports

*She explained, "At that time, early 2009/10, the fashion industry hadn't really expanded to accept other body types besides the traditional straight size runway models or plus size 14 and up."*

## Therés Amee shares her passion for running and healthy body image



### A RUNNER'S MIND

#### CHRISTINE BLANCHETTE

**M**et Therés Amee, a renaissance woman who is a role model, healthy body image advocate, model, actor and founder of Prowess Productions Inc, who also has a passion for running.

In a phone interview from her Vancouver home, the multi-talented, down to earth Therés shared her love for running, how she started modeling and her work with the Beayoutiful Foundation.

While growing up in an athletic household, Therés played most sports including volleyball, basketball to track and field. She began, "Running I fell in love with...that became my sport even after high school and college."

She added, "I love (to get) that runner's high afterward. Running is a stress release for me. My mother was a marathoner and my father a bodybuilder, therefore athletics were engrained since birth. I definitely want to do a marathon but 10k is my peak right now. I was a sprinter, 100 meters, 200 meters."

Therés said she runs about five times a week.

"What I love doing is bridges: In Vancouver, the Cambie bridge; in New York, I love going over the Manhattan bridge or the Brooklyn bridge. I guess I feel more accomplished when I run a course that connects two parts of a city.

I love the low maintenance of running - you put your runners on and the world is yours. It is a nice stress release. It always has been."

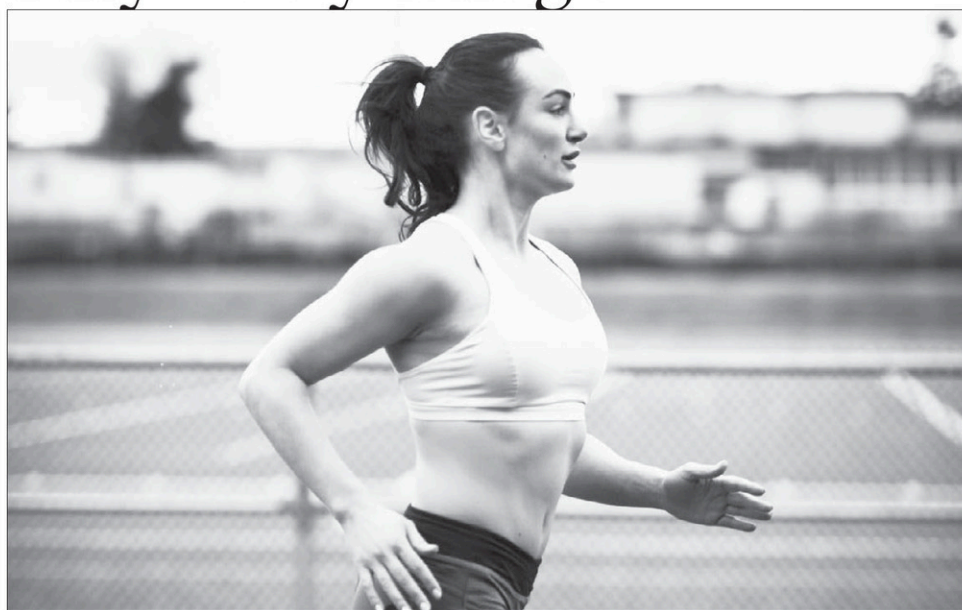
On proper nutrition being essential to good health, she says, "I have always maintained a healthy diet. I am not much of a foodie, but my go-to meal is a quick salad full of fruits and protein, as boring as that sounds!"

She initially shied away from the modeling industry because she was primarily pursuing acting. During castings, she was constantly asked if she was also a model because of her 5'10" height. Because of Therés' athletic build she was worried how the industry would accept her, causing her to say no to any (fashion scouting).

She explained, "At that time, early 2009/10, the fashion industry hadn't really expanded to accept other body types besides the traditional straight size runway models or plus size 14 and up."

She continued, "I was in the middle (size) and there wasn't really a category that represented middle models. I definitely have seen the diversity and expansion of the fashion industry over the last decade, (it has) really opened up to all shapes and sizes of all ethnicities. It has been very inspiring and challenging journey, but it is nice to finally witness the much overdue change.

"Before, there was a time I had stopped running because my agency advised me to lessen my cardio as running increased my leg muscle and tone. Heavy leg muscle was something that apparently was not seen as attractive in the high fashion world. The alternative was to become a fit model; clothes are measured to your body. You go to factories or design studios and have different garments measured to your body as the sample size for that specific size. Fit models are typically 5'8" and not as tall as runway models and also have specific measurement



CREDIT GLORIANNA B.

to maintain. Because I was taller and more curvy than a fit model, I decided to call myself a fit curve model."

Therés is also breaking down body barriers by working with the Beayoutiful Foundation. Taylor Hui, who is also an actor and model, established the Beayoutiful Foundation when she was only 16 years old. The program is about creating confidence classes for young girls ages eight to 14.

"I came on board because I loved what Taylor was doing. Classes run for six to eight weeks and we meet with the girls once a week. We talk about everything from body image which is usually my platform, to media literacy, to confidence and nutrition."

She remarked, "Every volunteer involved always says the same thing, that, 'We wish there was a program such as this foundation when we were young girls growing up.' Taylor has become a pioneer in implementing this program in schools."

They also offer weekend wellness workshops, as well as an annual Inspired by HER conference.

"This was our second year doing the

conference and we had over 150 girls from all over Metro Vancouver," Therés said.

Their goal is to tour with the conference all over Canada, with the first stop being in Toronto.

"It is so incredible to see these girls develop and grow. They are already so unapologetically unique and powerful. When I was that age I was so shy, I didn't want to talk to anybody," she said.

In 2018, she started working with Canadian supermodel, Coco Rocha. Coco had just started her modeling camps, and Therés was thrilled to be part of her 6th cycle. She says, "Working with Coco was a career game changer for me. Her camps are very diverse, having models attend from around the world. I was actually the only Canadian in my camp. And, now I scout other models for her camps. Scouting has been very rewarding, to pass along my experience to other up-and-coming models, or even established models wanting to excel their skill set to the next level."

## Gaiters RSEQ Championship bound after semifinal win at Concordia

By Marty Rourke & Clare Webb,  
Bishop's Sports Information

**F**ifth year senior Abdul Kamane (Montreal, Que./Vanier College) scored 20 points in 20 minutes as the Bishop's Gaiters men's basketball team stunned the Concordia Stingers 78-71 on Wednesday night in Montreal in an RSEQ semifinal.

The win, coupled with the UQAM Citadins beating McGill, means Bishop's will host UQAM in the RSEQ championship on Saturday at 7 p.m.

Kamane's 20 points came on 6-12 shooting from the field and 8-12 from the free throw line. Nervens Demosthene (Terrebonne, Que./Cegep de Montmorency) added 16, Jordan Thornhill (Montreal, Que./John Abbott College) 12 and Yassin Naji (Lunel, France/Lyce Pothier Orleans) had 11

in 36 minutes as the Gaiters advance to their first conference championship since winning the title in 2015.

For Concordia, Sami Jahan led all scorers with 23 points and Olivier Simon had a 19-point, 14 rebound double-double.

The Gaiters went 21-33 from the free throw line while Concordia was a perfect 13-13. The game remained in the balance until late in the fourth. No team led by more than nine and there were six lead changes.

Bishop's will now host the UQAM Citadins in the RSEQ Championship on Saturday at 7 p.m. in Mitchell Gym. Tickets are on sale at [www.gaiters.ca/tickets](http://www.gaiters.ca/tickets).

Stay tuned to [www.gaiters.ca](http://www.gaiters.ca) and @BishopsGaiters on social media for all the details on Saturday's contest.



KYRAN THICKE/CONCORDIA STINGERS

# Church Services

## Anglican

### LENNOXVILLE

Saint George's Anglican Church, Lennoxville, 84 Queen Street. On the 1st, 2nd, 3rd and 5th Sundays we have Holy Communion Service and Sunday School class. Services begin at 11:00 a.m. On the 4th Sunday we have Service of the Word. Services begin at 11:00 a.m. 819-346-5564.

### NORTH HATLEY

Saint Barnabas Anglican Church, North Hatley, at 640 Sherbrooke St., celebrates Holy Eucharist every 1st, 2nd, 3rd & 5th Sunday at 9 a.m. Morning Prayer is held every 4th Sunday at 9 a.m.

## Presbyterian

### LENNOXVILLE

St. Andrew's Presbyterian Church, 256 Queen St., Lennoxville, 819-569-3100, Sundays: 10:30 a.m. Worship and Sunday School.

## United

### AYER'S CLIFF - MAGOG

Ayer's Cliff - Magog - Georgeville Pastoral Charge welcomes everyone for Sunday service at Beulah United Church in Ayer's Cliff - Worship service and Sunday School 9:15 a.m. and St. Paul's United Church, Magog - Worship Service and Sunday School 11:15 a.m. with lunch provided each Sunday following the service in Magog. Minister: Rev. Lee Ann Hogle 819-571-7233.

### LENNOXVILLE

Lennoxville United Church, corner of Queen and Church Street, welcomes you to worship at 10:00 a.m. on Sunday, March 1 with Rev. Linda Buchanan. Communion will be served. Everyone is welcome. 819-565-8449; website - lennoxvilleunitedchurch.com

### RICHMOND

The Richmond-Melbourne Pastoral Charge invites you to join us for worship at Richmond-Melbourne United Church, 247 Principale Sud, Richmond, on Sunday, March 1 at 10:30 a.m. Joann Cleveland will be leading this service. All are welcome!

## United

### SHERBROOKE

Plymouth-Trinity United Church, corner of Dufferin and Terrill, 819-346-6373, www.plymouthtrinitychurch.org, invites you to our 10:30 a.m. worship service on March 1, the first Sunday in Lent, with Holy Communion. There will be NO children's church, but children are always welcome in our sanctuary! (There is a table in the back for the younger kids, with crayons and more...). Joignez-vous à nous pour notre culte dominical le 1 mars, à 10h30, avec Ste-Cène. Il n'y aura PAS de culte des enfants, mais les enfants sont toujours les bienvenus dans notre sanctuaire! Il y a une table à l'arrière pour les jeunes enfants avec des livres à colorier. Cordiale bienvenue à tout le monde. Minister: Samuel V. Dansokho.

### WATERVILLE/NORTH HATLEY

Waterville/North Hatley United Church, Sunday, March 1, 11 a.m., worship service with Rev. Mead Baldwin. Sunday School. Rev. Mead Baldwin 819-837-1112.

# Do Just One Thing



By Danny Seo

When going through your closet to give to your local Goodwill or Salvation Army, do a few extra things to make sure your donation is actually welcome and not a burden. Give everything a wash in a fragrance-free detergent and try to spot-treat stains. While the charities do wash items for sale, giving clean garments is a courteous thing to help volunteers sort through your donation. Avoid donating sheets and towels unless they are in almost perfect condition; instead, ask a local animal shelter if they'd like them. And give what's in season: A thick wool sweater given in July will likely be tossed into the trash.



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# SUDOKU

DIFFICULTY RATING: ★★★★★

	1		8		3	5		
4				9				
			3	1	2			6
	3	8						6
		4		9		8		
9						5	4	
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			9					3
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### PREVIOUS SOLUTION

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

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

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

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### PREVIOUS SOLUTION

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

DIFFICULTY RATING: ★★★★★

# SUDOKU

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

**Death**



**Allard, Mr. Félix  
(1931-2020)**

At the CHUS Fleurimont on February 22, 2020, following a fall on the ice, Mr. Félix Allard, husband of Mrs. Reine Boisvert, residing in Foster, passed away with his family by his side, at the age of 88. Born in St-Étienne-de-Bolton, he was the eldest son of the late Mrs. Olive Armstrong and the late Mr. Aimé Allard.

Besides his wife Reine, he leaves to mourn his daughter Huguette Allard (Robert Ferrari), his daughter's mother Noëlla Délisle, his siblings the late Aldéric Allard, Alcide Allard (Paulette Robert), Yvette Allard (Jean Dagenais). He also leaves to mourn his parents-in-law the late Georges-Émile Boisvert (Rita Bouchard), members of his in-laws Robert (Nicole Plante), Jean (Louise Bérubé), Lise (Normand Dufresne), Denis, Lucie (late Gene McGovern), Lyne (Bruno Lacasse), Stéphane (Françoise Normandin), as well as his nephews, nieces, cousins and his many friends.

Félix worked for a long time with his parents, brothers and sister in the Armstrong Gravel and Sandpit in Foster. Félix had a great gift for handling heavy equipment which, in 1961, led him to co-found the company Allard et Allard Construction (Aimé Allard). In 1962, Félix cofounded Béton Suprême of Foster. Since 1983, with Cilix Transport, he has been pleased to provide a delivery service for cement plants. At the same time, Félix became the owner of Domaine des Érables where he developed multiple services (formerly the family business of Camping Maple Beach).

Félix is at Les Résidences Funéraires Bessette of Waterloo. The family will welcome relatives and friends at Les Résidences Funéraires Bessette in Waterloo, on Sunday, March 1, 2020 from 2 to 5 p.m. and from 7 to 10 p.m.; as well as Monday, March 2 from 2 to 5 p.m. and from 7 to 10 p.m.; and on Tuesday, March 3, funeral day, starting at 9 to 10 a.m., at which time the funeral cortege will depart to go to the Church of St-Étienne-De-Bolton where service will be celebrated at 11 a.m. Interment in the St-Etienne-de-Bolton cemetery will take place at a later date.

At the family's request, please refrain from sending flowers. However, for the sustainability of nature, a donation to the Fondation des Terres du Lac Brome Inc. and to Renaissance Lac Brome would be appreciated. Donation forms and envelopes will be available at the funeral home in Waterloo.

**LES RÉSIDENCES FUNÉRAIRES BESSETTE OF WATERLOO**  
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info@bessette.qc.ca

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**PHONE: 1-888-730-6666**  
**FAX: 450-539-3035**

**Death**



**Tringham, Helen  
(Nee Fowler)  
1944-2020**

It is with great sorrow that we announce the passing of Helen Charlotte

Tringham on Friday, February 21st at the age of 75.

Helen is survived by her two daughters Tamara Grant (Tommy) and Elizabeth Tringham (Stefan Hockley) and will be deeply missed by her grandchildren William and Flossie Grant and Ethan and Isla Hockley as well as her extended family including her brother Ian Fowler (Mary) and their children. She was the beloved wife of the late Hugh Tringham and traveled the world with him finally settling in Knowlton, Quebec.

Her family wishes to extend their heartfelt gratitude to all her friends who made room in their hearts and time in their lives for Helen, particularly over the past few years. In her memory and in recognition for all the amazing healthcare professionals that came into Helen's life, a donation to the BMP Foundation www.bmpfoundation.ca would be appreciated by her family. There will be a graveside service in the summer and reception to follow with details to follow.

Arrangements entrusted to:

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**FAX: 450-263-9557**  
info@desourdy.ca  
www.desourdy.ca

**Death**

**Garth HUNT**

He passed away at the Queensway Carleton Hospital, Ottawa on February 24, 2020 at the age of 69.

Predeceased by his parents Clarence and Eva (Harrison), and sister Marilyn. Left to mourn are his wife Suzanne, son Jason and daughter Michele (Kevin), as well as other relatives and friends.

Donations to the M.S. Society would be appreciated by the family.

Private service.



**Datebook**

FRIDAY, FEBRUARY 28, 2020

Today is the 59th day of 2020 and the 70th day of winter.

**TODAY'S HISTORY:** In 1935, DuPont scientist Wallace Carothers invented nylon.

In 1993, federal agents raided the Branch Davidian cult compound in Waco, Texas.

In 1997, two heavily armed and armored bank robbers were killed in a shootout with police on the streets of North Hollywood.

In 2013, Pope Benedict XVI became the first Catholic pope to resign since 1415.

**TODAY'S BIRTHDAYS:** Vincente Minnelli (1903-1986), film director; Milton Caniff (1907-1988), cartoonist; Frank Gehry (1929- ), architect; Mario Andretti (1940- ), race car driver; Bernadette Peters (1948- ), actress; Paul Krugman (1953- ), columnist/Nobel laureate; John Turturro (1957- ), actor; Pat Monahan (1969- ), singer-songwriter; Daniel Handler aka Lemony Snicket (1970- ), author; Eric Lindros (1973- ), hockey player; Jason Aldean (1977- ), singer-songwriter.

**TODAY'S FACT:** The 2 1/2-hour series finale of "M.A.S.H.," which was watched by 60.2 percent of U.S. TV-owning households, remains the highest-rated TV series finale in history, with a 77 percent share of the Nielsen ratings during its original airing on this day in 1983.

**TODAY'S SPORTS:** In 1967, Wilt Chamberlain of the Philadelphia 76ers missed a shot for the first time in four games, ending his NBA-record streak of consecutive field goals at 35.

**TODAY'S QUOTE:** "It is likely I will die next to a pile of things I was meaning to read." - Lemony Snicket

**TODAY'S NUMBER:** 51 - days that the 1993 Branch Davidian standoff in Waco, Texas, lasted.

**TODAY'S MOON:** Between new moon (Feb. 23) and first quarter moon (March 2).

**In Memoriam**

**PATTERSON, Gordon** - In loving memory of our dear brother-in-law and uncle who left us sixteen years ago on March 1.

*Love and remembrance  
Last forever.*

**Sadly missed by  
THE FRASERS**

**PICKEN, Jean** - February 28, 2015. A beloved friend.

*Never forgotten,  
Forever missed.  
'Till we meet again,*

**THELMA**

**In Memoriam**

**SYLVESTER, Robert Bruce:** February 10, 1963 - February 28, 2000. In loving memory of a very precious son whose life was snuffed out all too soon twenty years ago today.

*They said the chemo had done its job  
Then a blood clot raised its ugly head,  
Brave and courageous to the end  
There's nothing more that can be said.*

**MOM**

**SYLVESTER, Robert** - To a dear husband and father who went home February 28, 2000.

*So many cherished memories we will  
Always hold dear to our hearts.  
Always missed.*

**SUSAN & FAMILY**

**SYLVESTER, Robert** - In loving memory of a dear brother, brother in-law, uncle and great-uncle, Robert Bruce Sylvester, who went Home to Heaven February 28, 2000.

*If only we could have known,  
We'd cherish those days of long ago.  
Back when life was so simple,  
And time seemed to stand still.  
For so much has changed  
Since you were last here.  
The life that we all once knew  
Slowly slipped away through the years.  
Your memories we'll cherish  
And will forever hold dear.  
You are always in our hearts,  
And missed deeply with every passing year.*

**Greatly missed and lovingly  
remembered by  
YOUR FAMILY**

**In Memoriam**

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## Your Birthday

FRIDAY, FEBRUARY 28, 2020

Your drive and determination are commendable, but don't overdo it or you will face the consequences. Part of being successful is recognizing your skills and using them with precision. Take the time to prepare, present and promote what you want to do and to execute your plans with confidence.

**PISCES** (Feb. 20-March 20) – Invest in projects that will make a difference. Let your instincts lead the way and investment opportunities develop. An innovative idea will pay off.

**ARIES** (March 21-April 19) – Practice moderation. Taking on too much will decrease your chances of reaching your full potential. Don't make an emotional leap if you are questioning the landing.

**TAURUS** (April 20-May 20) – Your best efforts will result in success. If you let your intuition lead the way, you won't be disappointed. Keep your private affairs to yourself. Be consistent in your words and deeds.

**GEMINI** (May 21-June 20) – Use your energy wisely. You'll get run down if you try to do everything yourself. Either extend your deadlines or solicit help. Maintain honesty and integrity to avoid opposition and criticism.

**CANCER** (June 21-July 22) – Don't let uncertainty get to you. Keep moving along, regardless of what others decide to do. Putting in the time and energy to reach your goal will pay off. Positive change is heading your way.

**LEO** (July 23-Aug. 22) – Take better care of yourself. Diet, exercise and rest

should be part of your daily routine. Take on only what's doable and be sure to balance your schedule between work and play.

**VIRGO** (Aug. 23-Sept. 22) – You can make adjustments, negotiate and set a path that will help you reach your personal or professional goal. Help will be offered if you speak to someone with experience.

**LIBRA** (Sept. 23-Oct. 23) – Concentrate on what you have to accomplish. Discipline and hard work will be required if you want to maintain a good reputation. Deliver what you promise.

**SCORPIO** (Oct. 24-Nov. 22) – Take care of business and sign up for entertaining events or activities. A shift in attitude will help you move on emotionally. An exciting encounter will brighten your day.

**SAGITTARIUS** (Nov. 23-Dec. 21) – Pay more attention to the way you look and how you handle your cash. Come up with a plan that utilizes what you already have and limits spending.

**CAPRICORN** (Dec. 22-Jan. 19) – Don't run yourself ragged. If rest is required, give yourself a chance to rejuvenate. You'll accomplish more and do a better job if you have a clear head.

**AQUARIUS** (Jan. 20-Feb. 19) – Participate in physical activities that will help you get in tip-top shape. Indulgence is the enemy, and moderation is your best friend. Don't give in to temptation.

promises and avoid hurting your reputation. Take time to relax with someone you care about, discuss expectations and map out a plan that you can work toward together.

**VIRGO** (Aug. 23-Sept. 22) – Travel, learning and social activity will be enlightening. You will be able to express yourself with finesse, adding to your popularity and drumming up support to reach your objective.

**LIBRA** (Sept. 23-Oct. 23) – Property investments or home-improvement projects will need careful monitoring. Going overbudget will cause stress and could lead to a disagreement and major delays.

**SCORPIO** (Oct. 24-Nov. 22) – You'll crave change. Think creatively to come up with a plan that will excite you. Join forces with someone as creative as you are to maximize your potential.

**SAGITTARIUS** (Nov. 23-Dec. 21) – Don't believe everything you hear. Be careful who you trust, how much you spend and what you offer to do for others. Tackle self-improvement projects instead of trying to change someone else.

**CAPRICORN** (Dec. 22-Jan. 19) – Step out on a limb and try something new. You'll discover a skill you didn't know you had. Expand your interests, friendships and horizons, but don't overspend in the process.

**AQUARIUS** (Jan. 20-Feb. 19) – Before you get involved in someone else's plan, consider what's best for you. Invest in what you have to offer and don't feel guilty. Be kind to yourself.



### 85<sup>th</sup> Birthday Open House

**Rita Frégeau Hamilton**  
is celebrating her 85<sup>th</sup> birthday.

Please join her in the Banquet Hall  
at the Dépanneur Rouge,  
483 Knowlton Road, Knowlton  
on March 7, 2020 from 2 p.m. to 4 p.m.  
A light lunch will be served.

No gifts, your presence  
is the only present desired!!

## What would Mom want?

Dear Annie

FRIDAY, FEBRUARY 28, 2020

**Dear Annie:** People often write to you about their abusive parents. I have a different problem: I was mean to, belligerent toward and critical of my mother. It started long before I was a teenager, but it definitely got worse during those years. I thought I hated her.

Later, when she became desperately ill, I realized I my love for her. I prayed to God that she would live; I even bargained with God that if she survived I would become a nun, and I wasn't Catholic! She did get well, and I reneged on my end of that deal.

My father was not successful, but she supported him in pursuing his profession. She put him on a pedestal. Because of her, I adored him.

I have a lot of guilt for not recognizing my mother's role in the family. I have written about her strengths and think she loved me in spite of my behavior, but I don't know how to let go of the guilt and regret. – *Hateful Daughter*

**Dear Hateful Daughter:** Your love is evident. If your mother is no longer here, you can cherish her memory by being kinder to her daughter. Redirect your regret into personal progress. And seriously consider therapy, for helping finding the strength to forgive yourself. From what you say of your mother, it's what she would want for you.

**Dear Annie:** My husband and I have been together for 30 years and are in our 50s. About five years ago, our friends' daughter, "Michelle," started hanging out at our house. She is about 30 years old.

Out of nowhere, my husband decided that he wanted to help her by giving her a job with his construction company. He asked me what I thought, and I said no. He said that he wouldn't give her a job since I didn't approve.

Well, he went behind my back and hired her anyway and kept it a secret. I found out because she called the house wanting to know why he was late for work. We had major fights, especially after I found out that he was seeing her after work. He said no sex was involved.

Finally, I got her out of our lives, but I cannot get over his betrayal and the way he lied to me so he could see her. After that, I found him on online dating sites. I left him for two months, and he begged me to come home. I did. But I cannot forgive or forget. It eats at me every day. What should I do? – *Betrayed*

**Dear Betrayed:** Michelle didn't cause your marriage's trust issues – those already existed, or you wouldn't have tried to forbid him from hiring her – and her apparent departure doesn't resolve them. No, that will require hard work on both your parts.

I encourage you to seek marriage counseling today: Perhaps it's possible for couples to work past cheating without it; it's also possible to scale a cliff face with only your bare hands. Why take that risk when there are perfectly good tools available?

If either of you refuses to try at least a few sessions, it could well be a dead-end. A marriage without trust is misery. And our days are too precious to give over to anger and bitterness.

*"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book – featuring favorite columns on love, friendship, family and etiquette – 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](mailto:dearannie@creators.com).

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**TAKE ACTION.  
PLEASE GIVE.**

Sunday horoscope on page 15

**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.

“ D ICH JFDRL LKAAVFM BA JF  
C BFRRDH SZCUFK ... D TAPZM  
SKAJCJZU MA IFZZ. JPB CZZ D  
ICRBFM ICH BA SZCU SKFBFRM.”  
— MCWABC XCRRDRL

Previous Solution: “I’ve never liked the recognition, the questions, the publicity. I have often felt like running away and hiding.” — Al Pacino  
TODAY’S CLUE: *U s enba J*

**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.

“ D ’ T YGJAN. D XYLXNU LXZEFB EP  
CF XZ XJEPV. CGE D ZFRFV MFYE  
EIF ZFFB EP CF DZ LDEI EIF JVPLB.  
— YGAF HFVVN

TODAY’S CLUE: *F equals M*

Previous Solution: “I was being groomed to be a tennis player ... I could probably do well. But all I wanted was to play pretend.” — Dakota Fanning

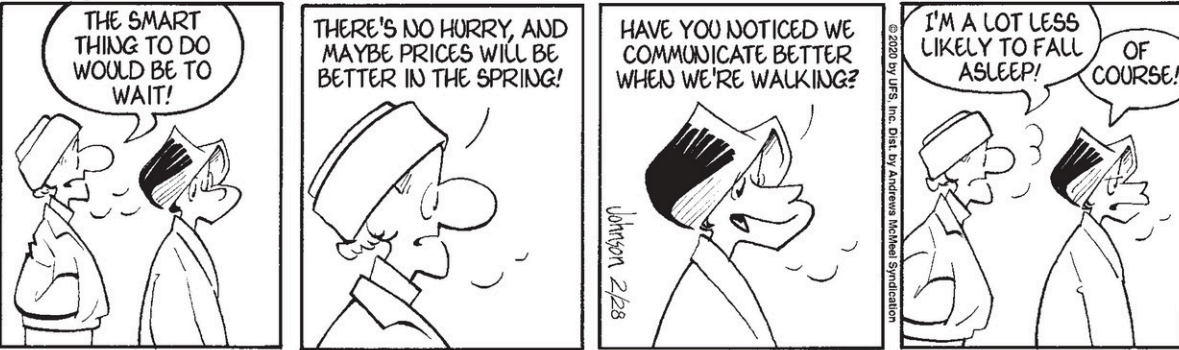
**REALITY CHECK**



**HERMAN**



**ARLO & JANIS**



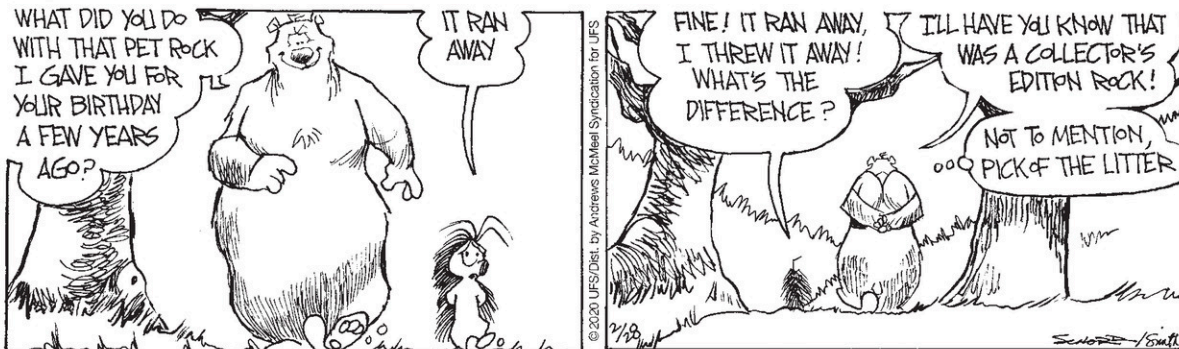
**THE BORN LOSER**



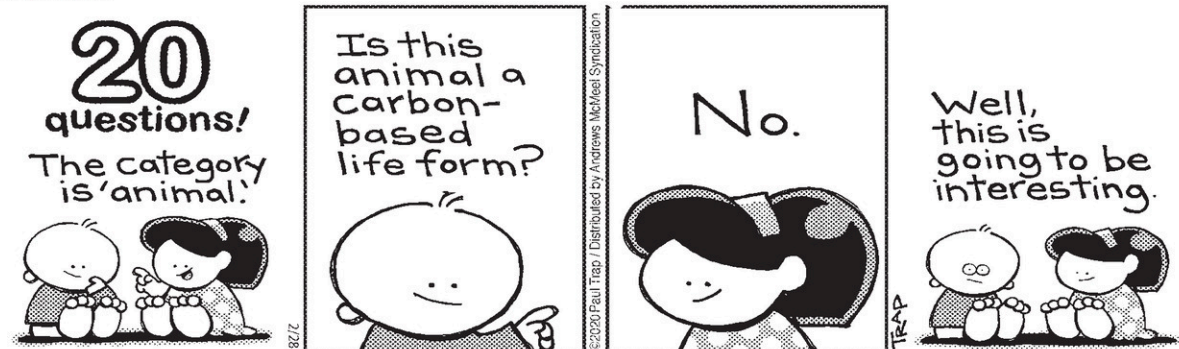
**FRANK AND ERNEST**



**GRIZZWELLS**



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at what's in the **Classifieds.**

THE RECORD

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- ACROSS**
- 1 Sheathed with metal
  - 5 Blimp title
  - 8 Scold
  - 11 Auspices
  - 13 Monsieur's affirmative
  - 14 Unrefined metal
  - 15 San —
  - 16 Agenda
  - 18 — 500
  - 20 Deadens
  - 21 Hindu lute
  - 23 Venomous snake
  - 24 Freshly painted
  - 25 Muscle spasms
  - 27 Vanishing sound
  - 31 Goodall subject
  - 32 Tien Shan range
  - 33 Arizona city
- 34 Frosty coating**
- 36 Med. staffers**
- 38 Just bought**
- 39 Get fresh**
- 40 "Iliad" or "Odyssey"**
- 41 Cooper's channel**
- 42 Sailor**
- 44 Where hackles rise**
- 46 Following**
- 49 Desiccated**
- 50 Kenya's capital**
- 52 Clean a slate**
- 56 Aunts and uncles**
- 57 \$1,000,000, slangily**
- 58 More ticked off**
- 59 Yeasty brew**
- 60 Yahoo rival**
- 61 Genial**

Answer to Previous Puzzle

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

- 3 Mature
- 4 Finger or toe
- 5 Xerox
- 6 Not just my
- 7 Veld stalkers
- 8 Average
- 9 Speedy steed
- 10 Opal and topaz
- 12 Piano piece
- 17 Pet shop buy
- 19 Wildcatter
- 21 Brownish pigment
- 22 Checkout units
- 23 Totally stupid
- 24 All-out fights
- 26 Daisy Mae's creator
- 28 Postal meter unit
- 29 Comets, to an ancient
- 30 Bow and scrape
- 35 Fragrant compound
- 37 Terrifies
- 43 Smell
- 45 Evita or Juan
- 46 "My Way" composer
- 47 Stop working
- 48 Sharp point
- 49 Threshold
- 51 Library sect.
- 53 Jackie's tycoon
- 54 Jiffy
- 55 Before now

1	2	3	4		5	6	7		8	9	10	
11				12		13			14			
15					16			17				
			18		19			20				
	21	22				23						
24				25		26			27	28	29	30
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		

# NEA Crossword Puzzle

# Your Birthday

## Answer to Previous Puzzle



SUNDAY, MARCH 1, 2020

Step up, do your thing and bring your plans to fruition. An idea is only useful if you take action and make it a reality. Trust and believe in your ability to get things done. If you put in the time and effort, recognition and prosperity will be yours.

PISCES (Feb. 20-March 20) – Use your words to drum up support, and use your actions to make a difference. How you conduct yourself will influence your reputation. Share your ideas and stand behind your beliefs.

ARIES (March 21-April 19) – Adjust the way you live or change your routine to ensure that you take better care of your health. Lessen stress, build strength and head down a new path.

TAURUS (April 20-May 20) – You are only as good as your word. Live up to your promises, and you will gain respect. A positive change will make your life easier and improve your financial situation.

GEMINI (May 21-June 20) – Work with what you already have. Don't feel you have to overspend, overdo it or let others take advantage of you. A positive, confident attitude will protect you from users and abusers.

CANCER (June 21-July 22) – Don't hesitate to take what you want. Be bold, speak your mind and take action to show others that you mean business. Live up to your promises and take a leadership position.

LEO (July 23-Aug. 22) – Be careful how

much you take on at home. A project will turn out to be far more expensive than you anticipated. Do your research before you start.

VIRGO (Aug. 23-Sept. 22) – Share information with friends or relatives. What you discover will help you make choices that will lead to a better future. A change of plans, location or lifestyle is favored.

LIBRA (Sept. 23-Oct. 23) – Don't jeopardize joint accounts or ventures or leave anything to chance. Ask questions and get offers in writing. Take care of matters personally. Honesty will help you avoid arguments.

SCORPIO (Oct. 24-Nov. 22) – Your aggressive action will help you bring about positive change. An unusual idea or plan will turn out better than anticipated. Your intuition won't let you down.

SAGITTARIUS (Nov. 23-Dec. 21) – Be careful and don't take physical, financial or emotional risks. Someone will not be honest or play fair. Look out for your interests, and don't be afraid to say no.

CAPRICORN (Dec. 22-Jan. 19) – Refuse to let someone close to you cause uncertainty or confusion. Follow your gut feeling when dealing with home and family matters. Don't get involved with indulgent individuals.

AQUARIUS (Jan. 20-Feb. 19) – Look out for yourself. Don't feel the need to make a snap decision because someone else does. Focus on personal improvement and gains. Make your vision paramount.

### ACROSS

42 Water-

- 1 File label
- 4 Pickling ingredient
- 8 Daddy
- 12 Ms. Gabor
- 13 Coolidge or Hayworth
- 14 Not closed
- 15 Vexed
- 16 Parent
- 17 Stepped on the gas
- 18 Racing bird
- 20 Sundae topper
- 22 Melancholy poem
- 23 Bart, to Lisa
- 24 "Anyone home?" (hyph.)
- 28 Coq au –
- 31 Shed tears
- 34 Camp-ground initials
- 35 Romantic island
- 36 Spiciness
- 37 Sports "zebra"
- 38 Mr. Trebek
- 39 Authorizes
- 40 Long-eared hound

- power org.
- 44 Courtyards
- 48 Watch out!
- 51 Being nosy
- 52 School near Windsor Castle
- 53 Build up
- 55 Mink or chinchilla
- 56 Nefertiti's god
- 57 Writer – Rice
- 58 Rail securer
- 59 Dramatic intro (hyph.)
- 60 Did Easter eggs
- 61 Fem. saint

### DOWN

- 1 Fiesta Bowl site
- 2 Take advantage of
- 3 Cop's ID
- 4 Dry gully
- 5 Claim on property
- 6 Actress – Hagen
- 7 Chagall or Antony

8 Stumper

9 Permission

10 Squint at

11 Gibb or Rooney

19 Pharaoh's land

21 Cinemax rival

25 Gumbo ingredient

26 Toolshed items

27 Ill-mannered ones

29 Percent ending

30 Veto

31 Reporter's query

32 Startled cry

33 "Dirty Harry" lead

35 Eccentric

40 Keep out

41 Merited

43 "Wheel of Fortune" name

45 Fissures

46 Mukluk wearer

47 Think alike

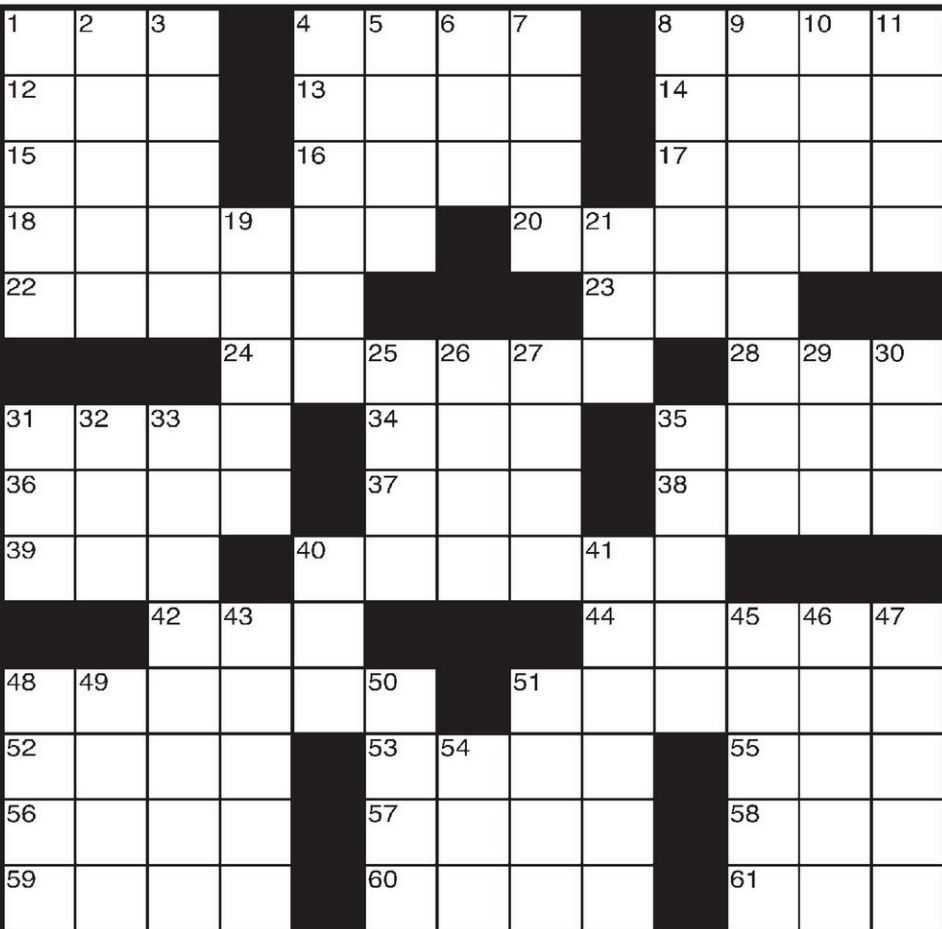
48 Worn out

49 "Butch Cassidy" role

50 Victorian oath

51 Fragrant tree

54 No matter which



FRIDAY, FEBRUARY 28, 2020

## This road leads to nowhere

By Phillip Alder

Whenever some bridge declarers come to a crossroads, they always seem to crash.

In today's deal, South thought he was driving so cleverly along the main highway when in reality he was heading down a side road that looked superficially attractive but was leading to a cliff top.

Against three no-trump, West led the heart three: four, jack, king. South counted seven top tricks and anticipated getting two more from diamonds. He also knew an avoidance play when he saw one.

South led a diamond to dummy's king, returned to his hand with a spade and led a second diamond. If West had played the queen, South was planning to duck in the dummy, keeping East off the lead. However, when West played the 10, declarer put up dummy's ace and led a third round. South was pleased to see West win this trick, but he was less happy when West promptly switched to the club nine (the high card denying interest in the suit) in answer to his partner's encouraging club-seven discard on the previous trick. East won with his ace and returned a heart: down one.

South's path required finding the

North		02-28-20	
♠ Q 10 7			
♥ 7 5 4			
♦ A K 7 6 3			
♣ Q 10			
West		East	
♠ 8 6 3		♠ 9 5 2	
♥ A 10 8 3		♥ J 9 6	
♦ Q 10 9		♦ J 5	
♣ J 9 4		♣ A 7 6 5 2	
South			
♠ A K J 4			
♥ K Q 2			
♦ 8 4 2			
♣ K 8 3			
Dealer: South			
Vulnerable: Both			
South	West	North	East
1NT	Pass	3NT	All Pass
Opening lead: ♥ 3			

diamonds 3-2, West's holding the club ace and West's having to win his side's diamond trick. But there was a much better route available. Assuming West's heart three was an honest card, the suit had to be splitting 4-3. If so, South just needed to find West with the club jack. At trick two, South should have played a club to dummy's 10. His nine tricks would have been four spades, one heart, two diamonds and two clubs.

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- Working knowledge of English and French
- CPR and PDSB training (CPR renewal offered onsite)
- DEP – Assistance in Health Facilities or Home Care Assistance (Caregiver)

Salary scale: \$20.55 to \$22.35  
Evening Premium \$1/hour  
Night Premium \$2/hour

### Housekeeping/Food Services

The Wales prides itself on its pristine care units and public spaces, as well as timely delivery of its nutritious homemade meals, snacks, and desserts. As a **Housekeeping** and/or **Food Services employee**, you will ensure cleanliness while maintaining safety and hygiene standards and responding to residents' needs. You will serve meals promptly and ensure residents are nourished and satisfied.

#### Qualification/Education

- Working knowledge of English and French
- Secondary 5 completed

Salary scale: \$17.60 to \$19.69

Korine Lessard

We invite you to submit your CV and letter of interest to  
info@waleshome.ca

Tel: 819-826-3266 ext. 223

Fax: 819-826-3910