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MONDAY, JANUARY 14, 2019

Sherbrooke group collecting poems

By Gordon Lambie

For the fifth year in a row Sherbrooke Prend la Parole (Sherbrooke speaks), a volunteer group of students with a flair for the literary arts, is collecting poems from amateur poets across the region.

"People think that poetry is this inaccessible art form," said Maude St-Laurent, coordinator with Sherbrooke Prend la Parole, explaining that the assembled collection of poems will be shared both through a public performance on or around international poetry day, March 21, and through a partnership with businesses in downtown Sherbrooke.

The performance, currently scheduled to take place on the evening of the 23, is more than just a poetry reading. This year, the coordinator said, visual artists are being asked to create works based on the poems that are submitted, and a theatre troupe will be creating a short play based on the theme and poems.

St-Laurent said that over the course of the last five years the collection has gathered more and more poetry, with roughly 40 to 50 people participating in the most recent editions. Each year the theme is drawn from the public and kept open so that people can interpret it in various ways.

Although Sherbrooke Prend la Parole operates in French and its event will take

CONT'D ON PAGE 3

Baby, it's not too cold outside Winter fun continues despite chilly weekend weather



PHOTOS BY GORDON LAMBIE

Valérie Royer and her daughter were one of a healthy group of skaters and sliders who didn't let the cold temperatures keep them from going outside on Sunday



Antoine and Aurée enjoy the ice together.

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## Weather



TODAY:  
SUNNY

HIGH OF -10  
LOW OF -19



TUESDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF -8  
LOW OF -11



WEDNESDAY:  
SNOW

HIGH OF -2  
LOW OF -23



THURSDAY:  
SUNNY

HIGH OF -15  
LOW OF -18



FRIDAY:  
60% CHANCE  
OF FLURRIES

HIGH OF -7  
LOW OF -18

# Load limits over for East Angus bridge

Record Staff

Following recent work on the Taschereau Bridge on Route 214 (Angus Street North) above the

Saint-François River in East Angus, the Ministry of Transportation is advising motorists that the structure is no longer subject to any load limits. The newly repaired bridge is now accessible to all.

In order to plan their outings, drivers of heavy vehicles are advised to consult Quebec 511 regularly to learn about restrictions related to loads and dimensions in force on the highway network.

# Disappearance of Canadian in Africa highlights risk of ignoring travel warnings

By Giuseppe Valiante  
THE CANADIAN PRESS

Tarek Loubani says he knew it was risky providing medical care to protesters at the border between the Gaza Strip and Israel in May 2018. He travelled to the territory anyway, and he was shot by an Israeli sniper through both legs.

Five years earlier, he and fellow Canadian John Greyson spent seven weeks in an Egyptian prison after being arrested and arbitrarily detained while trying to enter Gaza.

Loubani, a London, Ont. physician, said this week that Canadians who want to do humanitarian work first need to ask whether the help they can offer is worth the risk of travelling to zones designated as dangerous by the federal government.

That question is being raised in the case of Canadian Edith Blais and her Italian friend Luca Tacchetto, who have not been heard from since Dec. 15, when they arrived in Burkina Faso following a road trip that began in Italy. Blais' sister, Melanie Bergeron Blais, said Wednesday she has not received any news about her sister's whereabouts and added that the family is no longer giving interviews.

Blais and Tacchetto set off in his car on Nov. 20 from the northern Italian town of Vigonza, outside Padua. They made their way to France, Spain, Morocco, Mauritania and Mali before arriving in the city of Bobo-Dioulasso in Burkina Faso's southwest. They were en route to neighbouring Togo to volunteer with an organization working to reforest and help build a village.

Tacchetto's father, Nunzio Tacchetto, the former mayor of Vigonza, told *The Canadian Press* that his son, a trained ar-

chitect, wanted to use his skills to help people in Togo.

"It was his first trip to Africa," Tacchetto said from Italy. "He wanted to collaborate on the construction of the village."

Tacchetto said his son, who had just turned 30 before his departure, had a love of people. "His idea was that everyone around the world was interesting, that every culture was interesting. And he wanted to be close to people, to see them in their own surroundings."

The Canadian government had issued serious warnings about Mauritania, Mali and Burkina Faso. The Global Affairs Canada website says travellers should "avoid all travel" — the most severe warning — to Mali and "avoid all non-essential travel" to Burkina Faso and Mauritania, mostly due to terrorism and banditry concerns. For Togo, considered a safer African country, Canada says visitors should "exercise a high degree of caution" — the same warning it gives for France and the United Kingdom.

Loubani said in an interview he doesn't know either of the missing people. "But I would be very surprised if (Blais) told her mom: 'Hey, I'm going to Togo, and I haven't looked it up, and I don't know anything about it.' She probably thought about it and calculated the risks."

Young people from prosperous western countries should consider humanitarian work around the world, Loubani said, as long as they understand the risks. "I think my advice to young people who are thinking of working in dangerous places is: The world needs you. Only you will change the situation that exists in other parts of the world — in collaboration with locals and supporting local struggles."

Chris Mathers, a former RCMP officer whose company provides training to federal government agencies on analyzing security risks while abroad, said Ottawa issues travel warnings for a reason. Travellers to countries under serious warnings need to be constantly vigilant about whether they are being watched by corrupt police and military or by kidnapers looking for ransom.

If Blais and Tacchetto wanted to travel to Togo — a relatively safe place on the continent — they should have flown into the country and made prior contact with people they trusted to take care of them. A road trip through Mauritania, Mali and Burkina Faso was not smart, he said in an interview.

"When I say they are foolish, I am being polite," Mathers said. "I've been to Mali. There is no rule of law — nothing. If I don't like you, I shoot you. These places are lawless."

Loubani said he understands there are "adrenaline junkies out there," but very few people travel to dangerous places just for the thrill. Almost everyone, he said, "whether it's misguided or earnest, has some greater purpose that they are going there for."

Despite getting shot in both legs, Loubani doesn't regret his work in Gaza — and he is currently considering another trip to do similar work in an even more dangerous global hot spot that he prefers not to identify.

To live is to take risks, Loubani said, adding that just walking out the door of your home carries its share of danger.

"It's the same thing for humanitarian work," he said. "You are always incurring a risk, and you have to convince yourself that your risk is worthwhile to accomplish something for other people, so that they can have the life you want to have."

## Ben by Daniel Shelton



## LOCAL NEWS

Two clerk teams - one for the Canadian portion of the Lake, the other for the American portion - will interview anglers on the lake 4 days per week, including Saturdays and Sundays during the survey period.

## Bi-national sport fishing survey on Lake Memphremagog

Record Staff

The Memphremagog MRC, Memphremagog Conservation Inc., the Quebec Ministry of Forests, Wildlife and Parks, and the Vermont Fish & Wildlife Department have joined forces in a Bi-national Angler Survey on Lake Memphremagog that began at the end of last year and continues through No-

vember 2020.

Two clerk teams - one for the Canadian portion of the Lake, the other for the American portion - will interview anglers on the lake 4 days per week, including Saturdays and Sundays during the survey period. Survey activities will include visual counts of anglers, interviews with anglers to obtain information about fishing efforts, catches and

harvest rates and biological data such as the length, weight, and age of fish kept by anglers.

The Great Lakes Fishery Commission funded the two-year survey. Three quarters of the lake is in Quebec, but the watershed is in Vermont.

Pete Emerson, Fisheries Biologist with Vermont Fish & Wildlife pointed out that the information gathered is ex-

tremely useful in helping manage the lake's fish populations.

Emerson said all information shared with the survey clerks will remain confidential. "Ultimately, anglers providing honest, accurate information will allow you to manage the resource and ensure that quality fishing opportunities remain in Lake Memphremagog for years to come," he said.

## Arrests made in Bromont attempted murder

Record Staff

The Sûreté du Québec's Major Crimes Investigation Service arrested two men last week for an attempted murder in Bromont committed on Dec. 16.

A 24-year-old man from Farnham was arrested in Montreal Friday at around 4 p.m. He is expected to appear Monday at

the Granby courthouse. He faces a charge of attempted murder.

A 20-year-old man from Sainte-Catherine was also arrested on the evening of January 10 in Longueuil for attempted murder. He was released on a promise to appear at a later date.

Other charges could be added, particularly with respect to firearms.

On Dec. 16 at 12:40 a.m. a 22-year-old

man was found seriously injured by a firearm outside a bar. The victim, a resident of Granby, is still in the hospital in serious condition.

The Major Crime Investigation Services group has over 250 ongoing investigations throughout the Sûreté du Québec territory. It carries out large-scale investigations into property and personal crimes as well as financial

crimes. In addition, the squad coordinates investigations at MRC stations and collaborates with the various municipal police services.

All information on criminal acts or suspicious events can be sent to the Sûreté du Québec Criminal Information Center at 1-800-659-4264.

## Missing Children's Network offering workshops to keep children safe in real life and online

By Matthew McCully

A new program available through the Missing Children's Network (MCN) offers workshops tailored to parents, guardians and youth from different age groups to help avoid the exploitation of children.

The Bedford-Farnham Community Learning Centre will host a MCN workshop at the end of January.

"We would rather be proactive than wait until a child goes missing," explained MCN Director General Pina Arcamone.

"In our experience, any child can be at risk," she said.

According to Arcamone, the program, launched 11 months ago, is primarily offered in schools, but is available for community organizations and youth groups as well.

The youth workshop, called SHINE ((Self-esteem, Healthy relationships, Independence, No means no, Empowerment) was designed to address youth

aged 10-13 and deals with assertiveness, independence, setting boundaries, sex gender stereotypes, and the importance of developing healthy relationships with others.

Arcamone said the program is also available in adapted versions for children with special needs, LGBTQ youth and First Nations youth.

The workshops address real world interactions and boundaries as well as issues that can arise online.

"We're talking about not just physical or emotional, but virtual boundaries," Arcamone said.

"You really have to think before you click on your mouse."

"A lot of very young children are on social media at a very young age," commented Arcamone, adding that there have been cases of children as young as 8 years old sending inappropriate photos.

"Technology is moving at such a quick pace, it's difficult for parents and educators to keep up," Arcamone said.

Parallel to the youth workshops are

seminars available to parents and guardians to teach how to communicate with teens, how to offer support when they are in distress, what resources are available and how to spot red flags.

"Something could be happening with your child," she explained, while children are outside of the home environment. She used the example of coming home with expensive gifts as a possible red flag.

"We want to plant positive seeds before kids reach a point where they are trying to solve their own problems," commented Arcamone.

Various workshops are given regularly by the MCN from children from Kindergarten through high school.

As young as five years old they are taught about consent, and taught to learn their own basic personal information; name, address. They are also taught how to find safe adults and safe spaces, and what to say during an emergency.

"The content evolves as kids get older," she said, to topics like being a

good digital citizen and cyber-bullying.

According to the MCN website in Quebec alone, there are over 5,000 reports made on a yearly basis, 90 per cent of which are runaways between 12-17 years old.

Arcamone said the mission of the MCN is to eradicate child sexual exploitation. Providing workshops like SHINE and other resources is a means of reaching youth and offering support before a situation becomes extreme.

The Bedford-Farnham Community Learning Centre will host a MCN workshop on Tuesday, Jan. 29 at Butler Elementary School (19 Rix Street).

The workshop will take place from 6:30 -8:30 p.m. is designed for parents and guardians and will deal with safety online and in the real world, with a focus on building strong boundaries, healthy relationships and critical thinking skills.

For more information or to reserve a spot, email baileyh@etsb.qc.ca.

## Collecting poems

CONT'D FROM PAGE 1

place in French, the coordinator said that the group is not against the sharing of a small number of English poems as a part of the festivities.

"We are open to it," St-Laurent said,

adding that the general feeling toward the poem collection is that more is better.

Although the group shows every sign of intending to go ahead with their announced presentation schedule, this year's performance is currently seeking

a new venue. It was originally meant to take place at the Irisium event space on Wellington Street North, but that business recently announced that it will be closing its doors as of the end of this week. In a post on their Facebook page, Sherbrooke Prend la Parole says that

they will provide an update on the new location as soon as possible.

Anyone wishing to submit a poem is invited to reach out to the group via a private message on facebook or by email at Sherbrooke\_prend\_la\_parole@outlook.com prior to January 27.

# Da Toni celebrates half-century in Sherbrooke

Record Staff

Sherbrooke's Da Toni restaurant in celebrated its 50th anniversary on Saturday.

It was 4 p.m. on Sunday, Jan. 12, 1969 when Toni Danella, a man passionate about Italian cooking, opened the doors to what would become one of Sherbrooke's most famous restaurants. The establishment was then located on Wellington Street North, next to the Granada Theater. Since then, the restaurant has earned a reputation for consistency in terms of taste, quality and

service. The recipes and techniques still used today are in close conformity with the rules of the culinary art and with great respect for the "Italian" spirit instilled from the beginning by the founder.

Today, Chef Christian Fréchette has been creating the restaurant's menu since 2001 and it is with great pleasure that he invites you to come and celebrate the anniversary with him and all the staff throughout 2019 at various events and special evenings.



(COURTESY) Owner Daniel Schoolcraft (left) and Chef Christian Fréchette are celebrating Da Toni's half-century of Italian cuisine in Sherbrooke.

# Family co-op wants you to be its eyes and ears

Record Staff

The Estrie Family Economic Co-operative Association (ACEF) is asking the public to report any telephone or home solicitation quickly. "The collaboration of citizens allowed for quick organization of information campaigns this fall to publicize potential problems related to this type of contract and espe-

cially the cancellation period of 10 days. We expect more waves of solicitation and hope that the population develops reflex to inform the ACEF quickly" said Sylvie Bonin, coordinator of ACEF.

ACEF notes that there has been renewed solicitation in the region in recent years to sell various products and services (heat pumps, decontamination services, solar panels, or other). "When

selling at home, many people sign under pressure contracts that can be abusive or disadvantageous and regret later," explained Bonin. "It is very easy to cancel the contract within 10 days. Afterwards, that's another story."

In order to act effectively with the population concerned, ACEF needs to be informed quickly. All Townshippers are invited to communicate with the ACEF

as soon as they are solicited by telephone or at home by a merchant. "By informing us quickly, you can make a difference to protect people in your area," insisted Bonin. "You can contact ACEF by phone (819-563-8144), email (info@acefestrie.ca) or via the organization's Facebook page."

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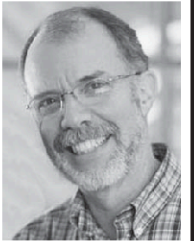
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# February's Festival of Hearts month in Potton



## THE SCOOP

### MABLE HASTINGS

As February quickly approaches it brings with it Potton's Annual Festival of Hearts month organized by the Municipality of Potton with fun heart healthy activities just around the corner for all to enjoy. The month long festival offers folks the opportunity to come out and celebrate winter activities held both outdoors and in including snowshoe excursions with Potton's Heritage Association on Saturdays throughout the month. These morning excursions are planned for all ages 13 years and up for all fitness levels. For information visit: [pottonheritage.org](http://pottonheritage.org) or call Janine Sourdif at 450-292-3780.

Month long events also include: Healthy Heart Cooking on February 2nd from 10am to noon at the Town Hall. Registration is mandatory by calling Edith Smeesters at 450-292-0547. Initiation to Salsa Dance will be held in the evening at 7pm at the Town Hall free of charge. For information on this activity visit: [astrafitness.com](http://astrafitness.com) or call 514-466-8189. There will be a screening of the film "Modified" with a potluck lunch organized by the Mansonville Public Market and Cinema Potton on Sunday, February 3 at 11am at the Town Hall. For info, contact Gwynne Basen at 450-292-0732 or Stansje Plantenga at 450-292-3454.

Celebrating its 25th year in operation, the Owl's Break Bakery will offer a cooking class featuring Squash and Beans (excellent for your health and rich in taste!) on Tuesday, February 5 from 9am to noon followed by a tasting. This event takes place at the Bakery located at 299-A rue Principale in Mansonville. Reservations can be made by calling, 450-292-3088.

Join certified instructor, Lolita Dealpe and celebrate the Chinese New Year while discovering holistic benefits of traditional Chinese medicine (\*TCM), Tai Chi, Qi Gong, Meditation, Food, Plants, Massage, Acupuncture on Tuesday, February 5 and Sunday, February 17 from 9am to 3:30pm at the Town Hall, free of charge. 450-534-5585 or [taikigong@gmail.com](mailto:taikigong@gmail.com) Cinema Potton presents 2 films February 7 and 21 at 4:00pm at the Town Hall; admission Members \$7, non-members \$9 and students \$5. Tiny Tots Circle Storytime and Crafts with Super Hiro will be held for 0-5 year olds, free of charge on Friday, February 8 from 9:30 to 10:30am at the Library, for info, 450-292-3313.

Learn CPR and how to use a defibrillator with Mr. Francois Aumais TAP, CPR-AED certified instructor by the Heart and Stroke Foundation of Quebec. Join Potton's First Responders on February

9th for the French session 9am to noon and the English session 1:00-4:00pm at the Town Hall. Registration is mandatory at 450-292-3313 ext. 228.

On Thursday, February 14 (Valentine's Day) at 10am in the basement of the Saint-Cajetan Church in Mansonville, the "Club de Retraites" retirees and the Missisquoi North Volunteer Centre (CABMN) will offer a conference courtesy of Familiprix on Healthy Medication Management, Osteoarthritis and Shingles followed by a lunch and plenty of activities guaranteed to warm your heart. Wear red to celebrate the occasion and please reserve for the lunch before February 7. Cost \$16 with lunch. Contact Angelle or Monique at 450-292-3114 ext. 103 to register.

Outdoor activities include: Snowshoeing if weather permits, walking shoes if there is a lack of snow, on Saturday, February 16 from 9:30 to 10:30am, Monique Gilbert (Msc. Kinesiology) will improve your cardiovascular capacity and muscular endurance with this fun outdoor activity. On Saturday, February 16 the Municipality will hold its "I Love Skating" day with skating, sliding, games, hockey, hot chocolate and surprises from 1:00 to 3:pm at the Parc Andre Gagnon. For info call 450-292-3313 ext. 228. In the evening on February 16 at 7pm in the Town Hall, to celebrate Valentine's Day, "French Love Songs" will have you listening, humming along with European singers....bring a picnic lunch and beverage of choice. Doors open at 6pm. For info, contact Jean-Claude Duff at 819-843-2131.

Activities continue on Sunday, February 17 from 1:00-3:30pm with "Encounter Trees in Winter" held at the Reserve Naturelle des Montagnes Vertes. This activity is free of charge with a maximum of 8. Register quickly by contacting 450-405-2522 or [lou\\_morel@hotmail.com](mailto:lou_morel@hotmail.com) On Tuesday February 19th there will be a family-friendly hockey game held at the skating rink at 5:00pm with spectators welcome. On Thursdays, February 21 and 28, from 12:45 to 2:00pm at the Town Hall, the Potton Cultural and Heritage Committee in collaboration with the local Elementary schools of Mansonville present, "The Art of Potton Living."

On Saturday, February 23 from 10am to 3:00pm, the Missisquoi North Volunteer Centre Former Youth Involvement (FYI) and Students Against Destructive Decisions (SADD) will collaborate with the Municipality of Potton for the Annual Winterfest Outdoor/Indoor Family Fun Day held at the Mansonville English School. Activities are free of charge and include: Tubing, Horse-drawn sleigh rides, inflatable outdoor bouncy houses, sugar on snow, bingo, hairwrapping, face painting, refreshments on sale, First Responder/Firemen participation, door prizes and more. For information contact 450-292-4886, 450-292-3114 or 450-292-3313 ext. 228.

The month of heart healthy activities comes to a closure with two other events: Cultivating, Harvesting and Using Medicinal Plants from your Garden on Sunday, February 24 at 1:00pm



MABLE HASTINGS

Roger Cote and his Cote Meadows team of horses giving sleigh rides during one of the Municipality of Potton Festive Hearts Month events.

at the Town Hall that will include a lecture by Marie-Claire Planet, amateur herbalist, free of charge and, A Community Baby Shower will be held on Tuesday, February 26 from 9:00-11:00am at the Town Hall organized by the Municipality of Potton and Equipe Ressources-Relais. Special activities will include arts

and crafts for toddlers, snacks and a special visit from a nurse to answer baby related questions.

Potton encourages everyone to celebrate a Healthy Heart Month and the Municipality extends a big thank you to all who make it's Annual celebration a success!



Send in  
your  
Wedding  
Photos

Weddings are milestone events and The Record and Brome County News is planning to compile a special section, on January 29, that captures these special moments over the decades with their various styles of wedding attire.

Whether you've been married in a recent, non-traditional ceremony or 60 years ago, please share your wedding photos with our readers.

Submit your photo, with name, date of marriage and place, along with \$10. (taxes included) to the address or email listed below. We accept visa or mastercard for payment.

Deadline for submission: January 22, 2019.

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# EDITORIAL

It's hard to get big things built these days. As VIA Rail is discovering, it's just as hard to get some things rebuilt.

## Light in the tunnel for VIA Rail upgrade plan?



PETER BLACK

If you've taken the early morning VIA Rail train between Quebec City and Montreal in the darkness of winter and have a window seat on the southward facing side, you are treated to what might be described as a terrifying thrill ride, or rather a thrill while sitting still on a siding.

The passenger train slows to a halt less than an hour out of station. Moments later a freight train comes barreling along the main track, seemingly inches away from the window glass on the passenger train, with the breath-taking power of millions of tons of metal hurtling along thin strips of steel.

But the freight train goes on and on and on, and eventually the passenger's awe starts to turn to annoyance at having been made to wait so long while cargo takes precedence over people.

This, in brief, is the main reason VIA Rail has been pushing its \$6 billion plan for high frequency rail (HFR) service on the Quebec City to Windsor corridor. Reports have been surfacing for the past few months that the federal government will green light the project sometime this (election) year.

When VIA Rail unveiled the HFR vision in early 2016, the crown corporation president, Yves Desjardins-Siciliano, rosily speculated the new line, featuring dedicated track, could be running in the fall of 2019.

As a Transport Department feasibility study nears completion, that target date has been postponed considerably, although based on the president's three-year timeline, the HFR could be operating by 2022.

Details of the route have not been revealed, but it is assumed at least the Quebec City to Montreal stretch of the line will revive passenger rail service on the historic former Canadian Pacific route on the north shore of the St. Lawrence.

That line, which the Quebec Gatineau Railway Company purchased in 1997, runs through Portneuf, Trois Rivieres, and Joliette on its way to Montreal. (It also passes a place on the map near Batiscan called Brise Culotte, for whatever reason).

Quebec-Gatineau is in turn owned by Genesee & Wyoming Inc., headquartered in Darien, Connecticut, which operates 120 short-line railways in five countries around the world. The company traces its history to a salt mine at Retsof, New York, once one of the largest in the world.

One of the former CP spur lines Quebec-Gatineau still operates is the track that runs through the tunnel dug beneath Quebec City from the north near Boulevard Charest to the riverfront at l'Anse au Foulon at the foot of the Plains of Abraham. The story of that tunnel is an intriguing bit of Canadian rail and ship lore.

CP needed a way to get passengers on board its ships whose height prevented them from passing under the Quebec Bridge. Having both the resources and boldness, the company decided to build a tunnel to connect a dock at l'Anse au Foulon with its main rail line to the north. Train passengers from all over Canada and the United States would arrive at the dock and then board the ship for Europe or elsewhere.

In an engineering and construction feat that might inspire the builders of Quebec City's proposed tramway, 600 workers dug the 1.6 km tunnel in less than one year. The tunnel was opened in time to welcome the Empress of Britain (one of two CP ships to bear the name) on June 1, 1931.

The company that built the tunnel, incidentally, was run by Harry "Big Pants" McLean, a wildly colourful character, who worked on many of the big infrastructure projects in a bustling



Canada, and whose motto was "Get the goddamn thing done - never mind asking anyone's permission."

Many years ago, on a warm summer's day, a dad, his two sons and the dog, armed with a flashlight, headed off on an adventure to walk the full length of the tunnel. At the midway point, there was scarcely a glimmer of light visible

from either entrance to the tunnel. An eerie feeling to be in complete darkness deep beneath a busy city.

It's hard to get big things built these days. As VIA Rail is discovering, it's just as hard to get some things rebuilt. But now there could be some light at the end of the tunnel leading to a brighter future for passenger rail travel.

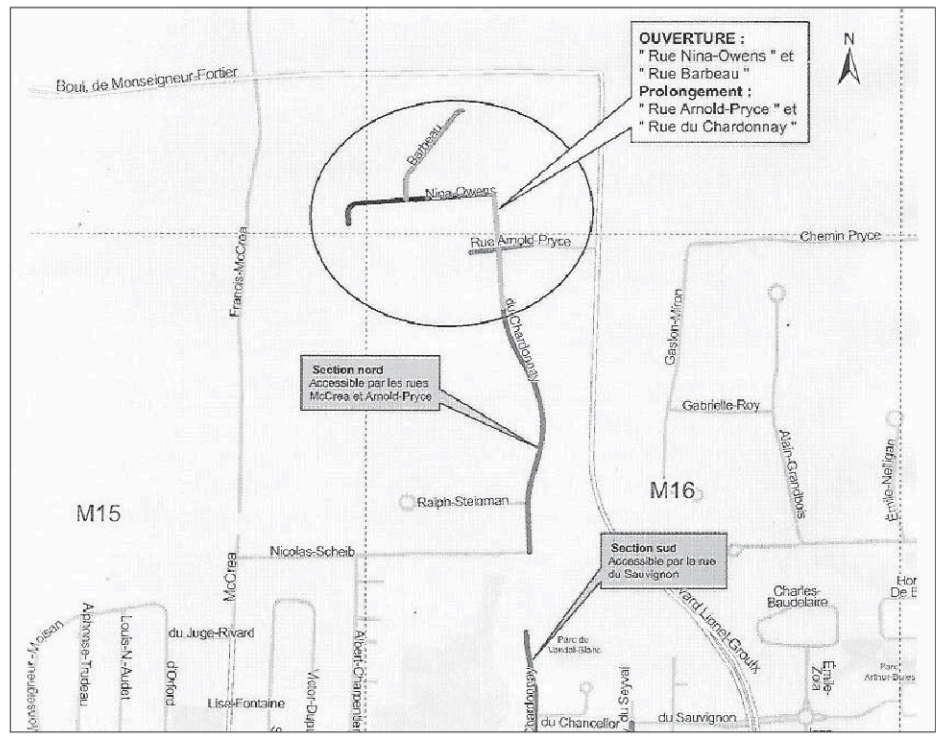
## Letters

### Re publication "Nina Owens" street as on Thursday, Jan 10, 2019.

DEAR EDITOR;

Thank you for this wonderful article & photos about the naming of a City of Sherbrooke street for my grandmother. I am so glad you went ahead & published it. Could I suggest that you publish its location with the enclosed city map attached. Everyone is asking me where it is and I find it very difficult to describe in words. Thank you for your continued interest in Nina M. Owens, wife, mother, grandmother and then artist.

HER GRAND-DAUGHTER, MARGARET NINA OWENS



## THE RECORD

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# Local Sports

Mathieu Boulianne and Tommy Lapierre completed the scoring in the third period for the 7-3 La Tuque victory.

## Desjardins-Wild go down 7-3 to La Tuque

Record Staff

The Windsor Desjardins - Wild lost its match against the La Tuque Loups 7-3 on Friday night.

The La Tuque squad took control of the game in the first period with three

goals by Carl-Antoine Delisle and one by Louis-Patrice Giguère. Alexandre Carignan, scored the Windsor team's only response in the first period.

Tommy Lapierre reduced the gap by half with the first of his two goals in the 14th second of play in the second period,

but the Loups fought back with two more goals. Francis St-Louis and Henrick Gauvin provided a 6-2 lead after 40 minutes.

Mathieu Boulianne and Tommy Lapierre completed the scoring in the third period for the 7-3 La Tuque victory.

The Loups took 40 shots on Louis Ménard while Steven Veilleux handled 34 shots.

The next Desjardins - Wild local game will be held on Friday, Jan. 18, at 8:30 p.m. when the Louiseville Bellemare will visit the J.-A.-Lemay Center.

## Bishop's stung by Concordia over the weekend

By Emilie Hackett  
Special to the Record

Gaiters basketball was back in action on Thursday night in Montréal to face Concordia. Despite a solid effort, both the men's and women's team fell to the Stingers on Thursday and later on Saturday in Lennoxville.

The men's 37-35 lead in the first half on Thursday was not enough to beat Concordia, who pushed through in the final quarter to take the 78-68 win. Abdul Kamane and Joany Castor-Thadal were the team leaders with 13 points each. The Stingers' Olivier Simon and Adrian Armstrong led the game with 21 and 15 points respectively.

The women's team was met with the same fate on Thursday as they fell 66-53 in Montréal against Concordia. Gaiter Ashley Milhomme led the game with 22 points while Amaiquen Siciliano accumulated 11 points. The Stingers dominated Bishop's in the first half, outscoring the Gaiters 21-2 in the second quarter. Despite finding back their mojo

and outscoring Concordia 42-27 in the second half, Bishop's was unable to secure a comeback.

Mitchell Gym was buzzing on Saturday night as the men's team faced Concordia for a second time over the weekend. A layup by Jordan Thornhill with 1.2 seconds left to the game forced overtime but it was not enough for the Gaiters, who eventually lost 99-94. It was a thrilling game, with 16 lead changes and 20 ties. Bishop's had five scorers with double digits, with Nervens Demosthene leading with 18 points.

The women's team suffered a greater loss on Saturday, falling 75-57 to the Stingers in Lennoxville. Maude Archambault led Bishop's with 24 points, a regular season record for her. It was a small rotation game with both teams only playing seven players throughout the 40-minute match.

The Gaiters will be back in action on Thursday and Saturday in Montréal and then Lennoxville against the UQAM Citadins. The women's games will tip off at 6 p.m. while the men will play at 8 p.m.



EMERY GBODOSSOU  
The Stingers beat Bishop's four times over the weekend despite the Gaiters' best efforts.

## Wheeler's overtime goal helps Canada win women's under 18 world championship

The Canadian Press

Maddi Wheeler scored in overtime as Canada defeated the United States 3-2 on Sunday to win its fifth under-18 women's world hockey championship.

Wheeler, from Erinsville, Ont., drove hard to the net and jammed home her own rebound just 1:34 into overtime, giving Canada its first world title since

2014.

"I picked the puck up in the neutral zone, (Kendall Cooper) passed it off to me. We were on a 4-on-3 power play so I had some space," said Wheeler. "I drove wide and picked up my own rebound. We had a good net drive, so it was wide open."

Danielle Serdachny gave Canada an early 1-0 lead, picking up the rebound of an Alexie Guay shot from the point. Julia

Gosling also earned an assist on the goal.

The United States tied the game late in the second period before taking a 2-1 lead just over six minutes into the third. Anne Cherkowski tied the game 2-2 with less than nine minutes remaining after being set up by Gosling and Serdachny.

"We are incredibly proud of our team's effort and our athletes' ability to overcome adversity when we found ourselves trailing in the game," said head

coach Howie Draper. "It's a great feeling to win a world championship and bring a gold medal back to Canada, and I couldn't be more proud of our athletes and staff for this amazing accomplishment."

Goaltender Raygan Kirk finished with 25 saves in the win and earned the tournament's most valuable player honours.

## Toronto Maple Leafs sign forward Trevor Moore to two year extension

The Canadian Press

Forward Trevor Moore signed a two-year contract extension with the Toronto Maple Leafs on Sunday.

The deal, which carries through to

the 2020-21 season, carries an average annual value of US\$775,000.

Moore has split his season between the Maple Leafs and the American Hockey League's Toronto Marlies.

The 23-year-old has a goal and two as-

sists in six games with the Maple Leafs.

Moore has 19 goals and seven assists in 30 games with the Marlies this season and is tied for fourth-most goals in the AHL.

He had 12 goals and 21 assists in 68

regular-season games in the 2017-18 AHL season, adding six goals and 11 assists in 20 playoff games for the Calder Cup champion Marlies.

Moore originally signed with Toronto as a free agent on July 26, 2016.

**Death**

**Death**

**In Memoriam**

**Datebook**



**Gemma Turcotte Roy  
(1923-2019)**

At the CHUS Hôtel-Dieu, January 5, 2019, at the age of 95 years, passed away Mrs. Gemma Turcotte, spouse of the late Mr. Fernand Roy, daughter of the late Valérie Corriveau and the late Albert Turcotte. She resided in the borough of Lennoxville. Mrs. Turcotte Roy was very involved in community organisations such as AFEAS Estrie, where she was part of the board of directors for many years.

Mrs. Turcotte leaves to mourn her children: Jocelyn (late Linda), Guy, Jean, François (Martha), Lucie (Denis), Johanne, Danielle, Yvan as well as 10 grandchildren and her great-grandchildren.

She was sister of the late Blandine (late Pierre), late Gaston (Jeannine), late Désiré, Jeanne (Jean-Paul), late Jean-Camille (Jeannine), late Lorraine (late Jim), Carmel and Louise.

She also leaves to mourn many nephews, nieces, other family and friends.

The family would like to thank all the staff of the Palliative care department at the CHUS Hôtel Dieu for the good care given to Mrs. Turcotte.

Funeral service will be held at a later date. Details to follow as soon as possible.

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**MONDAY, JANUARY 14, 2019**

Today is the 14th day of 2019 and the 25th day of winter.

**TODAY'S HISTORY:** In 1784, the United States ratified the Treaty of Paris that ended the Revolutionary War.

In 1943, Franklin D. Roosevelt, Winston Churchill and Charles de Gaulle met in Casablanca, Morocco.

In 1952, the morning news program "Today" debuted on NBC.

In 1954, New York Yankee Joe DiMaggio and actress Marilyn Monroe were married in San Francisco.

In 2010, Yemen declared open war on al-Qaida.

**TODAY'S BIRTHDAYS:** Benedict Arnold (1741-1801), American soldier/traitor; Albert Schweitzer (1875-1965), theologian/physician; Hal Roach (1892-1992), film and TV producer; John Dos Passos (1896-1970), author; Andy Rooney (1919-2011), writer/TV commentator; Faye Dunaway (1941- ), actress; Shannon Lucid (1943- ), astronaut; Lawrence Kasdan (1949- ), filmmaker; Steven Soderbergh (1963- ), filmmaker; Shepard Smith (1964- ), TV journalist; LL Cool J (1968- ), rapper/actor; Jason Bateman (1969- ), actor; Dave Grohl (1969- ), singer-songwriter; Grant Gustin (1990- ), actor.

**TODAY'S FACT:** Franklin D. Roosevelt's 1943 meeting in Casablanca marked the first time a U.S. president traveled by airplane while in office and the first time a president left the country's soil during wartime.

**TODAY'S SPORTS:** In 1973, the undefeated Miami Dolphins completed the only perfect season in NFL history, defeating the Washington Redskins 14-7 in Super Bowl VII.

**TODAY'S QUOTE:** "Every worldview which fails to start from resignation in regard to knowledge is artificial and a mere fabrication, for it rests upon an inadmissible interpretation of the universe." – Albert Schweitzer, "Kulturphilosophie"

**TODAY'S NUMBER:** 34.3 million – estimated population of Morocco in 2018.

**TODAY'S MOON:** Between first quarter moon (Jan. 13) and full moon (Jan. 20).

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**Runner's asthma triggered by noticeable exertion**

**ASK THE DOCTORS**

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

**Dear Doctor:** I've noticed that after running, especially when I've really pushed myself, I'll cough for a while. A friend says it's something called exercise-induced asthma. Why is it happening?

**Dear Reader:** Your symptoms are in line with something known as exercise-induced bronchoconstriction, often referred to as exercise-induced asthma. It usually happens after – but sometimes during – exercise that's vigorous enough to significantly increase your heart rate and respiration. In some people, this post-exercise period of coughing is accompanied by additional symptoms like a tight chest, shortness of breath or wheezing. In the majority of cases, these symptoms prove to be temporary and breathing returns to normal.

Asthma is a chronic disease in which the airways to the lungs become narrowed or inflamed, which interferes with breathing. This inflammation often makes people with asthma sensitive to a range of factors, including dust, mold, tobacco smoke, pollen, pet dander, air pollution, chemicals, certain medications, exertion and cold air.

Known as triggers, these sensitivities can cause an asthma attack in which the airways become even more inflamed and symptoms worsen. In severe cases, an asthma attack can cause airways to become fully obstructed and can be fatal.

Unlike people with asthma, who have multiple triggers, those with exercise-induced asthma experience symptoms only during or after exertion. Some find that their episodes are associated with exercising in air that is colder or dryer than normal. The same workouts that produce no symptoms in the warmer months may bring on coughing and wheezing when the weather turns cold, or when indoor heating takes the moisture out of the air. In most people, symptoms start five to 20 minutes after beginning to exercise, or five to 10 minutes after exertion has ended, and are short-lived.

Diagnosis of exercise-induced asthma typically begins with a resting lung function test. This is done with a breathing device known as a spirometer, which measures the volume of your inhale, the volume of your exhale and how quickly you expel the air from your lungs. This may be followed by an exercise challenge test, like running on a treadmill, riding a stationary bike or climbing stairs, in order to trigger symptoms. The exercise

challenge ends with another spirometry test, which will reveal any changes in lung function.

Other conditions can have symptoms similar to those of exercise-induced asthma. These include allergies, chronic obstructive pulmonary disease (COPD), obesity, gastro-intestinal reflux, vocal cord dysfunction, congestive heart failure and certain lung diseases. As a result, we think it would be wise to check in with your family doctor about what's happening.

Depending on his or her findings, your doctor may suggest using an asthma inhaler or bronchodilator prior to the start of exercise. Certain behaviors can help as well. Take time to warm up before exercise, as this can help lessen symptoms significantly. Infection plays a role in asthma symptoms, so don't exercise when you're sick. If you have allergies, take note of pollen counts. Keep tabs on symptoms and, if they get worse, see your doctor. The good news is that with proper management, people with exercise-induced asthma can safely stay active.

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

**RATES and DEADLINES: ANNOUNCEMENTS & NOTICES**

**BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:**  
 Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)  
 Discounts: 2 insertions or more: 15% off  
 With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.  
**BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:**  
 Text only: \$16.00 (includes taxes)  
 With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.  
**WEDDING WRITE-UPS:**  
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# Cold shoulder after divorce

## Dear Annie

MONDAY, JANUARY 14, 2019

**Dear Annie:** I recently went on vacation with my mom, stepdad and siblings. We went to the river where my stepdad has been going for about 30 years. Everyone else in the community has been going there every year for just as long, if not longer. Now, my mom and stepdad met each other while they were married, and, well, you can put the rest together. Many families we know have taken sides ever since, so being the daughter, I'm no stranger to weird vibes in social situations and people choosing sides.

Upon meeting the rivergoers, I quickly realized that some of them were on my stepdad's ex-wife's side. How did I know? They avoided talking to us and didn't invite us to partake in group watersport activities. In one case, after I introduced myself, the woman looked at me, scoffed and walked away. There were plenty of nice people, though, so we still had a great time.

This isn't something I take personally. The situation has nothing to do with me, and the affair happened six years ago. If they're getting all hung up about something that's not even their business, that's their problem. But I never know whether I should stand up for myself, kill them with kindness or just ignore them.

What do you think? — Boating With Baggage

**Dear Boating:** It sounds as if you're expert at navigating these treacherous rapids, so kudos. It's incredibly mature of you not to take the antics of your stepdad's ex-wife's friends personally. The bitterness and resentment they're holding on to is only dragging them down.

Continue being pleasant in the face of their ugly attitudes. Pretend you're oblivious to their bad vibes. They can scoff until they're blue in the face. But don't be a doormat, either. If one of them says something outright rude to you, you have a right to stand up for yourself.

**Dear Annie:** What is the etiquette concerning who pays for a date these days? I am realizing I may be a bit old-fashioned, as I still think that a man should pick up the check at least the first few times he goes out with someone. I've been on three dates with a guy recently, and we've split it every time.

For our first date, he picked out an expensive restaurant that I would never normally go to, as it's way out of my price range. I assumed he would only invite me to such an expensive place if he planned on covering the bill.

Before I was seeing him, I dated a man for about six

months, and we always split everything, too. If I didn't have cash on me, he expected me to pay him back later.

I work full time and can support myself, and I don't need or expect anyone to spoil me. But I still appreciate small gestures of chivalry. Am I out of step with the times? — Halfsies

**Dear Halfsies:** A good rule, widely used today, is that the person who does the asking does the paying — at least on the first date. So, if this man asked you out, it would be courteous of him to pay, and vice versa.

After the first date, going Dutch is commonplace. But there's nothing wrong with treating your significant other to dinner occasionally, just as a nice gesture, regardless of gender.

"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).

## Richmond County Women's Institute semi-annual meeting

The semi-annual meeting of the Richmond County W.I. was held on Monday, September 24, 2018 at the St. Andrew's Church Hall in Melbourne. President, Joyce Cinnamon, called the meeting to order at 9:35 a.m. by all repeating the Mary Stewart Collect and the Opening Ode. A minute of silence was held for past member, Bernice Beattie, 35-year member of Richmond Hill W.I. Joyce thanked everyone for attending.

The roll call was answered by 15 members - Cleveland 2; Gore 4; Group '92 2; R.Y.W.I. 3; Spooner Pond 4.

The minutes of the annual meeting were read by Mona McGee and approved as read.

### Business Arising:

Group '92 has not brought in their history information sheets.

The volunteer evening was a lovely evening. Mona McGee received the Volunteer Appreciation Certificate for the Richmond County W.I.

The W.I. Float for the Canada Day Parade was well attended. Joyce thanked Patricia, Peggy, Freda and Matty for decorating the float. Thank you to Larry Cinnamon who drove the tractor pulling the float.

Soup labels are also still being collected.

**Treasurer's Report:** Vera Hughes gave the treasurer's report showing a total balance to date of \$4,597.94. A copy was given to each branch. Bills presented were for the hall rental \$35.; Vera Hughes for Townsippers' Day expenses \$28.97.

**Motion:** Moved that all bills be paid. Moved by Matty Banfill. Seconded by Fran Dewar. All in favour.

### Committee Chair Reports

**Agriculture Report:** Patricia Keenan Adank reported. She thanked those who helped at the parade. Winners of the inter-branch competition were 1st Spooner Pond; 2nd Cleveland; 3rd Gore; 4th Group '92. All other photos were displayed as well. There were less classes this year from other years but some had more entries in them.

**Education & Personal Development:** Vera Hughes reported that prizes were given to 1st, 2nd and 3rd places for the essay contest at St. Francis. Prize amounts were \$20.; \$15.; \$10. at Provincial level and \$10.; \$5.; \$5. at County level.

**County Bursaries** for the high school level went to Kelsea Kydd and Brogan Keenan.

**Health and Community Living:** No report.

**Publicity:** Mona McGee gave report that was sent to the QWI newsletter.

**Sunshine:** Jean Storry will continue as Sunshine Convenor. Jean buys the cards and stamps as part of her contribution to the W.I. Vera thanked Jean for her work.

**Motion:** Motion made that County buy a book of 30 stamps for Jean Storry and send these to her with a thank you note. Moved by: Vera Hughes. Seconded by Muriel Duffy. All in favour.

**Motion:** Motion made that all reports be adopted as read. Moved by Patricia Keenan-Adank. Seconded by Alice Weare. All in favour.

### New Business

Joyce Cinnamon presented the Inter-Branch competition plaque to Shirley Marceau (Spooner Pond).

Gore is in charge of the Inter-Branch Competition for 2019. This will be Christmas Vest with at least one button hole and one button.

Branch assessment fees are now due to Vera Hughes.

As there was no fair prizes for 9-year old class at County level it was decided to change the ages.

**Motion:** Motion made to change the fair entry classes for Richmond County entries to read: Ages: 3 - 6 years; 7 - 9 years; 10 - 12 years. Moved by Patricia Keenan Adank. Seconded by Matty Banfill. All in favour.

It was also decided to display a photo from each branch at the fair - a group photo (8 x 10) of a group activity. Deadline for the photo will be August.

Also a change will be made to clarify the wreath entry size as some judges count the size differently. The reading now will be Wreath size 14 inches not including decoration.

A break was held with snacks supplied by Gore W.I.

Joyce thanked Group '92 for making 50 mug mats out of recycled material for the 2018 QWI convention.

Vera Hughes has QWI pins if needed. QWI newsletters will be published October 1 and March 1. Branches have the choice of receiving newsletters in paper form or by email. All chose to receive paper copies.

Linda Hoy is the new ACWW President.

There were many essay entries and Richmond County did very well at provincial level.

Alice Weare spoke about an outreach project that is being started through the CLC room at RRHS. There will be video

conference and tea & talk sessions held. A list of upcoming activities was given out.

**Motion:** Motion was made to donate \$100. to Meals on Wheels. Moved by Peggy Healy. Seconded by Anne Clark. All in favour.

Discussion held on whether to pay the person supplying the tractor and driving in the Canada Day parade.

**Motion:** Motion was made to give \$25. for supplying tractor, etc. Moved by Matty Banfill. Seconded by Shirley Beasley. All in favour.

Reminder that each branch supply a large bag of candies for our table at Townsippers' Day.

Elizabeth Mastine or Joyce Cinnamon will lay the Remembrance Day wreath at the cenotaph. Service will be held on November 11 at 2 p.m. Joyce will get a bill.

All convenor reports are due to County at the end of November and to Provincial at the end of December.

All branches were reminded of their duties for the year.

Branches are to get their program to Louise Perkins, Cleveland, by December 15, 2018.

Joyce thanked Ellis Clark for opening the church, Anne Clark for the music, Gore W.I. for the snacks and all WI members for all they do.

The annual meeting will be held on Saturday, March 30, 2019 at 9:30 a.m. at St. Andrew's Church Hall. In case of bad weather it will be on Saturday, April 6, same time, same place.

As there was no further business Joyce Cinnamon adjourned the meeting at 11:35 p.m. by all singing the Hymn of All Nations.

Submitted by Mona McGee

Send your social notes to: [classad@sherbrookerecord.com](mailto:classad@sherbrookerecord.com)

### CELEBRITY CIPHER

by Luis Campos

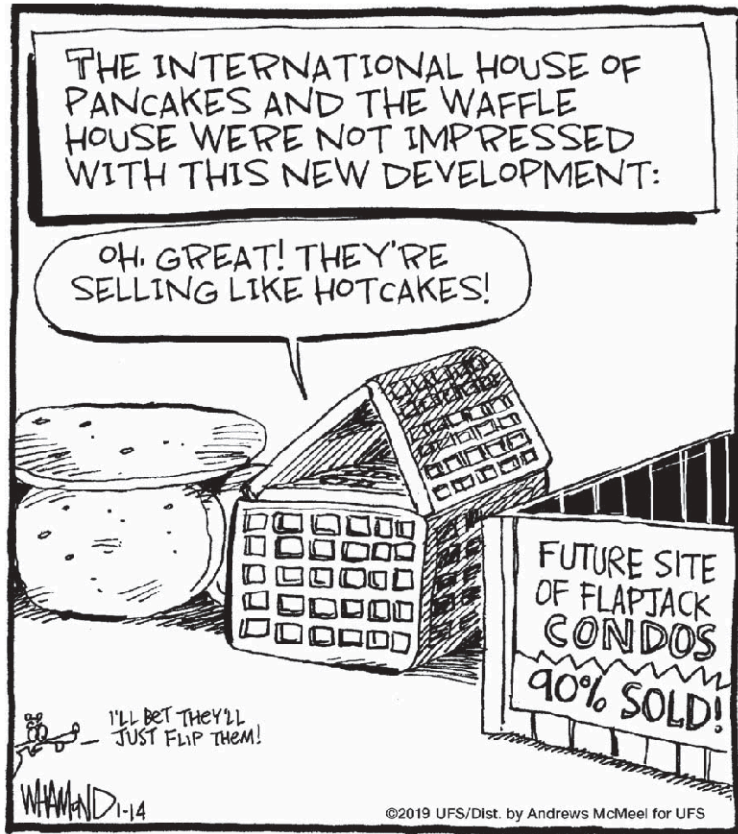
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" B ZYLV YC NLSM GJ WYBEN VUSPVSL .  
... UPHS B ZSSE JKPIZ VUPV B'HS  
RSSE BE? GU, IYG XEYM, OBNUV RS P  
KBVVK S MSBLW . " — JPGK WPEY

Previous Solution: "I've made 50 films in my career and 'Last Tango in Paris'... it's still the one that everyone asks me about." — Maria Schneider

TODAY'S CLUE: *f sgnba c*

### REALITY CHECK

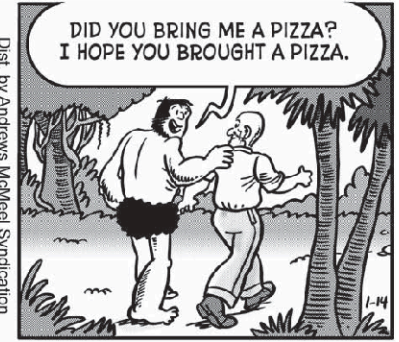


### HERMAN



"I think he's even taller than I was at his age."

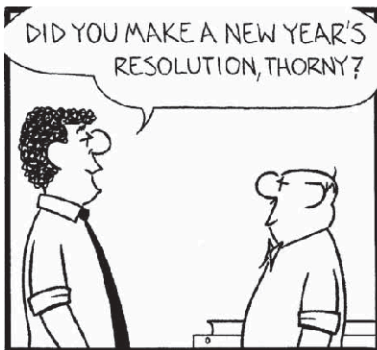
### ALLEY OOP



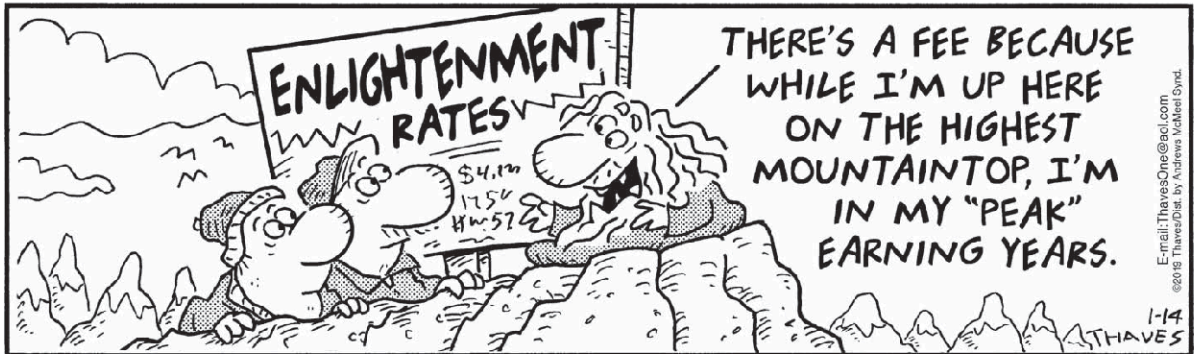
### ARLO & JANIS



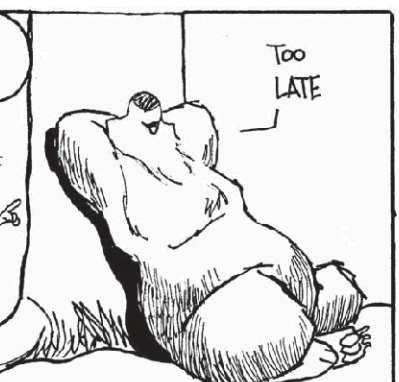
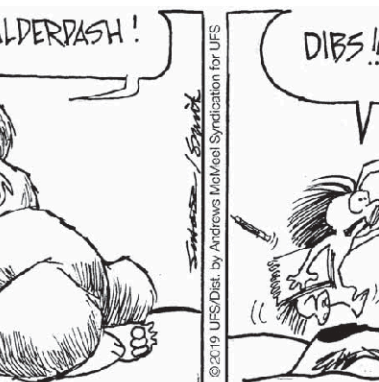
### THE BORN LOSER



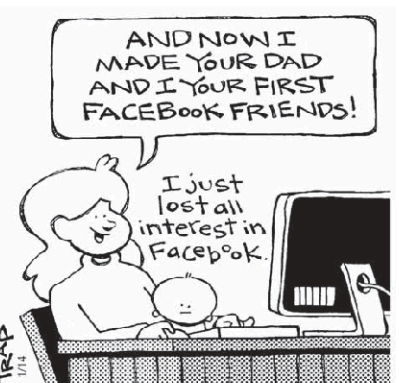
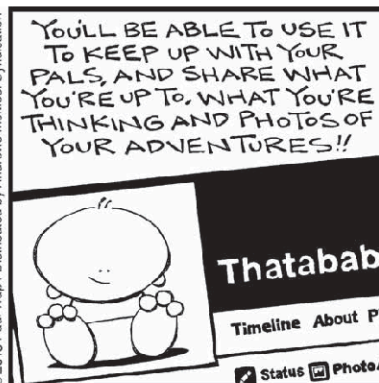
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## Chinese chicken salad offers an enticing variety of tastes

By America'S Test Kitchen

With its juicy oranges, tender chicken and a crunchy topping, Chinese chicken salad offers an enticing variety of tastes and textures. But many versions seem to have lost their way, weighted down with gloppy sauces, lacklustre chicken, sugary canned orange segments and watery greens.

We saw the potential to recast this salad in a healthier role by incorporating wholesome ingredients. To start, we traded canned oranges for fresh oranges rich in vitamin C and fiber. We cut out segments to top our salad and used the remaining juice as the basis for a bright vinaigrette, which we enlivened with 3 tablespoons of fresh ginger, a pop of Asian chile-garlic sauce, and just a touch of honey for sweetness.

### CHINESE CHICKEN SALAD

Servings: 6

Start to finish: 1 hour

- 3 oranges
- 1/3 cup rice vinegar
- 3 tablespoons low-sodium soy sauce
- 3 tablespoons grated fresh ginger
- 1 tablespoon Asian chile-garlic sauce
- 1 tablespoon honey
- 3 tablespoons expeller-pressed canola oil
- 2 teaspoons expeller-pressed toasted sesame oil
- 1 pound organic boneless, skinless chicken breasts, trimmed of all visible fat
- 1 small head napa cabbage, cored and sliced thin
- 2 red bell peppers, stemmed, seeded, and cut into 2-inch-long matchsticks
- 1 cup fresh cilantro leaves
- 6 scallions, sliced thin
- 1/2 cup unsalted, dry-roasted

peanuts, chopped

Cut away peel and pith from oranges. Holding fruit over large bowl, use paring knife to slice between membranes to release segments; transfer segments to second bowl and set aside. Squeeze juice from membrane into first bowl (juice should measure 6 tablespoons).

Whisk vinegar, soy sauce, ginger, chile-garlic sauce, and honey into orange juice in large bowl; transfer 1/2 cup orange juice mixture to 12-inch skillet. Whisking constantly, slowly drizzle canola oil and sesame oil into remaining orange mixture in bowl; set aside.

Bring orange juice mixture in skillet to boil over medium-high heat. Add chicken, reduce heat to medium-low, cover, and simmer until meat registers 160 F, 10 to 15 minutes, flipping halfway through cooking.

Transfer chicken to plate and let cool slightly. Using 2 forks, shred chicken into bite-size pieces. Off heat, return shredded chicken and any accumulated juices into skillet and let sit for 10 minutes.

Add cabbage, bell peppers, cilantro, and scallions to vinaigrette in bowl and toss to combine. Transfer to serving platter and top with shredded chicken, orange segments, and peanuts. Serve.

Nutrition information per serving: 326 calories; 150 calories from fat; 17 g fat (2 g saturated; 0 g trans fats); 55 mg cholesterol; 383 mg sodium; 21 g carbohydrate; 5 g fiber; 14 g sugar; 23 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Chinese Chicken Salad in "Nutritious Delicious."

(The Associated Press)

## SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

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### PREVIOUS SOLUTION

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

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

**IT'S WINTER...**  
 AND HERE ARE THREE THINGS YOU CAN DO TO HELP YOUR CARRIER GET YOUR PAPER TO YOU IN THE COMFORT OF YOUR HOME:

- 1 CLEAR** a path to get to your newspaper box
- 2 REMOVE THE SNOW** from around your newspaper box
- 3 LIGHT UP** the area where your newspaper box is located

Thank you for your help.  
 THE RECORD

# NEA Crossword Puzzle

# Your Birthday

MONDAY, JANUARY 14, 2019

you make a mistake. Anger will not solve anything. Nurture important relationships.

Stick to your plan to the end. This year isn't about a race; it's about getting things done properly. Refuse to let anyone talk you into cutting corners. If you don't feel comfortable with your actions, stress will set in. Have patience, eliminate excess and get things done.

**CAPRICORN** (Dec. 22-Jan. 19) — Suggestions are only guidelines. When it comes to getting things done, don't lose sight of the rules, schedules and the importance of details. Organization and preparation are fundamental if you want to succeed.

**AQUARIUS** (Jan. 20-Feb. 19) — Opportunities are all around you. Don't try to do everything at once. Choose what will bring you the greatest return physically and emotionally, and do your very best.

**PISCES** (Feb. 20-March 20) — Keep the ball rolling and help everyone who needs it. If you offer aid, suggestions and kindness to others, you will enrich your life. Someone from your past will want to reconnect. Proceed with caution.

**ARIES** (March 21-April 19) — Double-check everything before you make a move. Consider whether a change is in your best interest. Focus on personal improvements, not on changing others.

**TAURUS** (April 20-May 20) — Learn all you can and finish what you start. You have great potential, and if you apply your skills, expertise and knowledge, you will reach your target.

**GEMINI** (May 21-June 20) — Don't believe what you are told just because you want to. Ask for verification before

**CANCER** (June 21-July 22) — Look for original ways to overcome problems. If you work alongside people who share your beliefs, you'll form new alliances and boost your chances of success.

**LEO** (July 23-Aug. 22) — A change will do you good, but make sure your reasoning is sound before you get started. Personal opportunities are apparent, along with romance and creative projects that will improve your life.

**VIRGO** (Aug. 23-Sept. 22) — You'll discover a new interest if you socialize. Discussing your opinions will draw both negative and positive responses, which will prompt you to do something that will make a difference in your community.

**LIBRA** (Sept. 23-Oct. 23) — Take physical action and make improvements to your appearance, how you deal with relationships and how you effect change. Procrastinating will not solve problems.

**SCORPIO** (Oct. 24-Nov. 22) — The results you get will be directly linked to the way you handle others. Stick to the truth, take a unique approach and back away from anyone who is extravagant or misleading.

**SAGITTARIUS** (Nov. 23-Dec. 21) — Make adjustments at home that will lead to an easier life. Personal improvement is favored, as long as you don't go over budget. Don't let a smooth talker take advantage of you.

## Answer to Previous Puzzle

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

- ACROSS**
- 1 Pat on
  - 4 Con game
  - 8 Gossip
  - 11 Self-image
  - 12 Eiffel Tower site
  - 14 All — — sudden
  - 15 Merriment
  - 16 Aleut language
  - 17 Shivery comment
  - 18 Darth Vader's real name
  - 20 Famed fabulist
  - 22 Jacuzzi feature
  - 23 Club stint
  - 24 Lavish parties
  - 27 Cheating a bit
  - 31 Mr. Trebek
  - 32 Moonbeam
  - 33 Not near
  - 34 Witty fellow
  - 35 Classified items
  - 36 — spumante
  - 37 Affectionate ones

- 40 Go crowding in
  - 41 Do a takeoff
  - 42 Pastoral spot
  - 43 Phones
  - 46 Carried on
  - 49 Regret
  - 50 Smells
  - 52 Furrow
  - 54 Raggedy doll
  - 55 Soft purple
  - 56 Paddle
  - 57 Geographical abbr.
  - 58 Get wind of
  - 59 Wily
- DOWN**
- 1 Dict. offering
  - 2 Water, in Baja
  - 3 Cold War capital
  - 4 Baseball shoes
  - 5 "Oh, shut up!" (2 wds.)
  - 6 — — for one's money

- 7 1,002, to Cato
- 8 Chores
- 9 Frizzy coif
- 10 Bias
- 13 Placid
- 19 Bon Ami rival
- 21 Souffle ingredient
- 23 Fellows
- 24 Stare
- 25 Range in Asia
- 26 Journey parts
- 27 Temporary trends
- 28 In that case (2 wds.)
- 29 European alliance
- 30 Tight hold
- 32 Uncommon
- 36 Trapped like — —
- 38 "My gal" of song
- 39 — salts
- 40 Edgier
- 42 Insect stage
- 43 Stuff
- 44 Em, to Dorothy
- 45 Telescope part
- 46 Don Juan
- 47 Aphrodite's child
- 48 Two-way
- 51 Dit opposite
- 53 Attempt

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		

MONDAY, JANUARY 14, 2019

## Many yuans given for great bridge

By Phillip Alder

For the first time ever, the annual International Bridge Press Association award winners received big bucks — or, more accurately, big yuans.

The Chinese company Hainan not only paid good prize money, but the players and journalists also went — all expenses paid — to compete in the Hainan Bridge Festival at the Mangrove Tree Resort World in Sanya last October. There were four prizes of 50,000 yuans (nearly \$7,300) and one (for the junior winner) of 25,000 yuans, with 30 percent of each amount going to the reporting journalist. The awards ceremony was broadcast live on television.

This week, let's look at some of the deals that did not get enough votes from the IBPA jury. This one was declared by Jan Hugo Lie and described by Knut Kjaernsrod, both from Norway.

In four spades, Lie won with his diamond ace and led a heart. West took the trick and returned his second heart. Declarer played a spade to his jack, which held, cashed his spade ace (getting the bad news) and continued with another spade. West won (the second defensive trick) and had to lead from his spade nine and all six clubs. What should he have done?

North		01-14-19	
♠ Q 6 3			
♥ K Q J 9 2			
♦ 8 7 5			
♣ Q 8			
West		East	
♠ K 9 8 2		♠ 7	
♥ A 10		♥ 8 6 5 4	
♦ 2		♦ K Q J 10 3	
♣ K J 9 6 5 4		♣ 7 3 2	
South			
♠ A J 10 5 4			
♥ 7 3			
♦ A 9 6 4			
♣ A 10			
Dealer: East			
Vulnerable: Both			
South	West	North	East
1♠	2♣	2♥	Pass
2NT	Pass	4♠	All Pass
Opening lead: ♦ 2			

West should have led a low club. Declarer could not have taken the trick, drawn the last trump and cashed dummy's hearts for diamond discards.

However, West exited with his trump. What happened then?

Lie found a great resource — he let West take the trick! Now West had to play a club, allowing declarer into the dummy with the club queen and giving access to those three top hearts.