



'The TV can talk back' at CLCs

Page 3

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Dishpan Hands on Tammi McGee

Sheila Quinn - Page 4

75 CENTS + TAXES

PM#0040007682

WEDNESDAY, JANUARY 8, 2014

QMJHL trade deadline Plante to finish junior career in Victoriaville

SHERBROOKE

Sherbrooke Phoenix General Manager Patrick Charbonneau traded 20-year-old forward Jean-François Plante to the Victoriaville Tigres in exchange for three draft picks - a second round choice in 2014, and a third and eighth round pick in 2015. As part of the deal, the Tigres also get their hands on a 5th round pick in 2015. In addition, Charbonneau gave a 9th round selection in 2015 to the Shawinigan Cataractes in exchange for 20-year-old goalie Maxime Lagacé.

"Plante, a native of Richmond, has had a great year in Sherbrooke and ranks among the top scorers in the QMJHL. He brought a lot to the team with his performance on the ice and through his leadership in the locker room. It is never easy to trade a player who is popular with fans. On the other hand, I have to think about the future of the club when I make such decisions. Jean-François understands the situation and I wish him a good end to his junior career in the Tigres uniform," Charbonneau says.

Goaltender Maxime Lagacé is joining the Sherbrooke Phoenix for the final stretch of his junior hockey career. "With Francis Desrosiers' recovery time still uncertain, we absolutely had to add an experienced player in net," concluded Charbonneau.

Phoenix get Bahl for Talbot-Tassi and draft pick

The Phoenix completed another major deal just 24 hours before the QMJHL trade deadline by acquiring 17-year old defenseman Julien Bahl from the Blainville-Boisbriand Armada. Bahl was a first-round draft pick by the Armada in June 2012.

In exchange, the Phoenix is sending 19 year-old defenseman, Dominic Talbot-Tassi, as well as its 2015 first round selection.

Phoenix General Manager Patrick

CONT'D ON PAGE 7

Fires keep crews busy

Record Staff
SHERBROOKE

Two fires kept Montérégie firefighters busy overnight Monday with major blazes erupting in Waterloo and Granby.

The first broke out in an apartment building on Saint-Patrick St. in Waterloo. Everybody in the building was evacuated and there were no injuries, according to police. As a preventive measure, power was cut to some 350

subscribers in the area while the fire was being brought under control.

Meanwhile, in Granby firefighters were, called to fight a fire in a triplex on Park Avenue. Evacuated tenants were supported by the Red Cross and there were no injuries. Over 40 firefighters took nearly three hours to fight the blaze.

Investigations are underway to determine the causes of the fires.

In Sherbrooke meanwhile, fire completely destroyed a cottage on Turgeon

St. in Rock Forest Monday night.

Neighbours alerted firefighters around 9:20 p.m. and, upon their arrival, firefighters raised a second alarm but by this time the structure was engulfed in flames. Despite their best efforts, firefighters could do little to save the cottage.

The residents of the destroyed structure were not at home at the time of the fire and met with firefighters later in the evening. The cause of the fire has yet to be determined.

Leucan 12-hour Ski Challenge readies 9th Edition



COURTESY

Leucan provincial spokesperson Marco Calliari, event co-founder Thierry Gibson. David Audet with his five-year old, Child Spokesperson Maxime Audet, Regional Honorary president François Bessette, provincial spokesperson and singer Andy Duquette, and event-cofounders Serge Tremblay and Jean-François Perreault gather to kick off the 9th edition of the Leucan 12-hour Ski Challenge.

Record Staff
BROMONT

Leucan Montérégie kicked off its 9th 12-hour Ski Challenge presented by the Proxim group of pharmacies. This friendly, participatory and family event will be held Saturday, March 15, from 11 a.m. to 11 p.m. at Ski Bromont, and everybody is encouraged to participate.

Teams of skiers and snowboarders can now register for the fundraising activity for the benefit of children with cancer by visiting defiski.com.

The Leucan 12-hour Ski Challenge addresses skiers and snowboarders of all kinds and of all ages, in terms of four activities. Each team must raise a minimum of \$500 in donations for children with cancer and each team member must perform at least one descent an hour for 12 consecutive hours.

This event, beyond the collection of donations, is also a gesture of solidarity with children with cancer, demonstrating that they are not alone in their struggle.

This year, organizers are inviting participants to hit the slopes by dress-

ing up under the theme "Come into the Circus" and participate in a traditional costume parade presented by Lion Entertainment Agency. Local artists Three of Us, Hopeland, and Helium will be on hand to entertain and the event will feature makeup, inflatable games, entertainment, and more, all free of charge.

The 2014 Leucan 12-hour Ski Challenge offers family fun for a very good cause. To register, or for any other information, visit the event website defiski.com.

THE RECORD

SPECIAL OFFER for Record print subscribers:

Receive a full year's subscription to the online edition for only \$5 with every new 12 month print subscription or renewal.

Read The Record online any time, any place

Subscribers can view each new issue of The Record, as well as Brome County News, The Townships Outlet and our many special sections with just the click of the mouse.

To subscribe, go to www.sherbrookerecord.com, click on e-dition and follow the simple instructions.

For information or assistance call 819-569-9528 billing@sherbrookerecord.com



The Record

Correspondent openings at The Record

Do you have a knack for writing and photography? Do you have what it takes to be a correspondent?

The Record is looking for a person to cover the following regions.

Knowlton
Sutton
Cowansville
Bedford

HOW TO APPLY:

Send a sample of the kind of writing you'd like to do for The Record. It can be a news story or a feature story.

Email to Daniel Coulombe, News Editor at dcoulombe@sherbrookerecord.com.

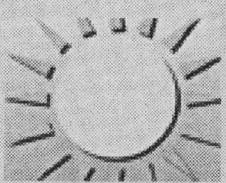
Any questions? Call 819-569-6345.

This is a position which does not offer any benefits.

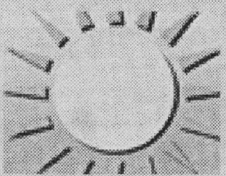
Weather



TODAY:
CLOUDY,
WINDY
HIGH OF -12
LOW OF -20



THURSDAY:
SUNNY
HIGH OF -10
LOW OF -14



FRIDAY:
SUNNY
HIGH OF -6
LOW OF -20



SATURDAY:
PERIODS
OF RAIN
HIGH OF 2
LOW OF -10



SUNDAY:
CLOUDY
FLURRIES
HIGH OF 2
LOW OF 1

Keeping in Touch



Townshippers

Boost that business with coaching

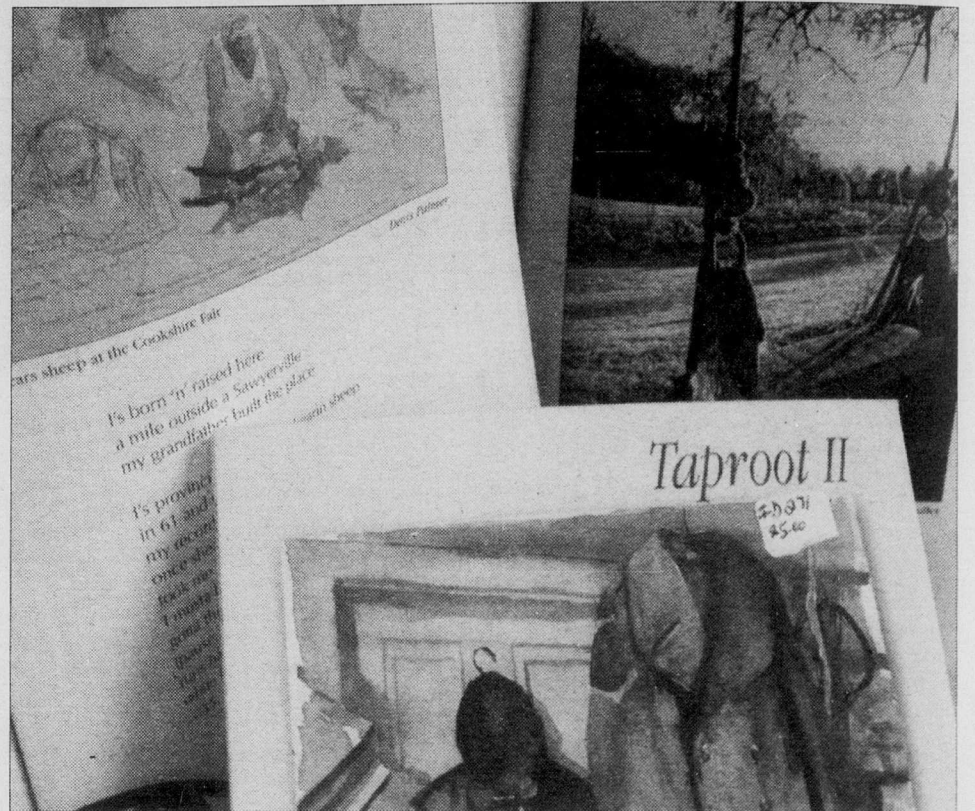
Being self-employed is hard work, and sometimes entrepreneurs need some advice and guidance. Are you looking for ideas to expand your enterprise and attract new clients? Need some help making a business plan? Want to start your own business but have no idea how to get financial assistance? Do you have what it takes to start your own venture but have no idea what your first step should be? If so YES Montreal can help!

YES Montreal is returning to the Townships and will be offering one-on-one coaching sessions at Townshippers' Association's Lennoxville office! A representative will be here Wednesday, January 15 to meet with you and discuss your needs and concerns.

There is presently one spot open in the morning from 11:30 a.m. - 12:30 p.m. and a few spots open in the afternoon from 2 p.m. on. Registration is required to participate, so if you would like to take advantage of this great opportunity, please contact Evelina Smith at Townshippers' Association at 819-566-2182 or info@townshippers.qc.ca to reserve your place.

There is no charge for the coaching sessions, however YES requires a \$20 one-time only administration fee to open a client file. Services provided by YES give clients access to a team of in-house experts and professional business coaches offering individualized business consultations.

For more information about YES, contact them at 514-878-9788 (toll free 1-888-614-9788) or visit www.yesmontreal.ca.



TOWNSHIPERS' ASSOCIATION

The January 31 deadline is looming for submissions of creative writing and visual art for consideration in the next edition of Taproot: Poetry, Prose and Images of the Eastern Townships. Submit your entry and share your original inspiring creation. Visual art from photos to drawings and other media, will appear on in the pages of Taproot and one lucky piece will adorn the cover.

Express yourself in 2014

Creative writing and visual art is still being accepted for Taproot V, an anthology of poetry, prose and images from Quebec's Eastern Townships. Your submission is an opportunity for you to showcase your work, boost creative confidence and get book credit.

First published in 1999 for Townshippers' Association's 20th anniversary, Taproot showcases the distinctive creativity and culture of the Townships English-speaking community through written and visual art. The fifth collection coincides with Townshippers' 35th anniversary and will be launched at Townshippers' Day on September 13, 2014, in Coaticook.

Anyone living full or part time in the historical Eastern Townships is invited to submit their original, inspired, but unpublished work to be considered. Submissions will be accepted digitally and through postal mail by the closing date for entries on Friday, January 31, 2014. An editorial panel will blind-judge entries and contact those chosen for

publication in April 2014.

The range of works for consideration include: fast fiction, anecdotes, monologues (500 words or less), creative non-fiction (2,500 words or less), short stories (5,000 words or less), poetry (maximum three poems, totalling 150 lines or less), and photography, drawings, paintings, caricatures or cartoons.

Submission guidelines and methods for Taproot V can be found online at www.Townshippers.qc.ca/portal/taproot-v/ or a copy can be obtained by contacting Cathy Turner, at 819-566-5717 (1-866-566-5717) or ct@townshippers.qc.ca.

For more information on Townshippers' Association and our activities, keep reading this weekly Keeping in Touch column in The Record and visit us on Twitter @Townshippers, Facebook and our website www.townshippers.qc.ca. Connect with Townshippers' offices in Sherbrooke at 100 - 257 Queen St. 819-566-5717, toll free: 1-866-566-5717 or Lac-Brome at 3-584 Knowlton Rd, 450-242-4421, toll free: 1-877-242-4421.

Ben by Daniel Shelton



Townships CLCs prepping new round of videoconferences



GORDON LAMBIE

The Eastern Townships' three Community Learning Centres (CLC) are gearing up for the start of a new series of educational videoconferences next week. The Conferences, held on a variety of topics ranging from parenting to schizophrenia, are available with the expressed purpose of enabling members of the English community to come together across great distances and share thoughts, problems and solutions on topics of concern and interest.

"It's like watching TV, but the TV can talk back to you and see you," said Siu-Min Jim, Coordinator of the Richmond CLC, "...it's fun for participants to be able to see people in other areas because there are centres all over Quebec, from the Magdalene Islands to the Lower North Shore, to the Gatineau Valley."

Jim explained that teleconferencing is a central component of the CLC program.

"Part of becoming a CLC school is being outfitted with a videoconference system," the Richmond coordinator said. "The idea behind that is that the equipment becomes a tool for our community and for your schools to use in terms of communicating and accessing resources."

According to the program's website,

Communication and networking of school, community and the wider world is what the centres are all about; "CLCs are about people and relationships. The partnerships which are the backbone of CLCs provide a range of services and activities, often beyond the school day, to meet the needs of learners, their families, and the wider community and, because they are part of a multi-sectoral network, they are starting to break down the isolation of English-speaking schools and communities."

Pervana Mladenof, Coordinator of the MembreMagog CLC at Princess Elizabeth Elementary School explained that that videoconferencing, in combination with the night school activities that predate the CLC but continue as a part of it, has led the centre in Magog to become a hub of local activity.

"Last year when the CLC headquarters offered us VC's we signed up for every single one of them," Mladenof said.

"It's a way for you to see people in other communities who have similar questions and to also hear their answers," Jim continued. "Videoconferences can accommodate from one to six sites on average and depending on the nature of the presentation you might be able to see and interact with all the different sites that are connected."

Both Jim and Mladenof expressed that the conferences, workshops and seminars held via the videoconferencing technology have provided and continue to provide rich and varied experiences for their respective communities.

"There is always an interactive element to it because this is an opportunity for participants to bring questions to the experts and to each other and it's not just for information to flow one-way,"

Jim said, pointing out that the CLC network joins 37 different centres across the province to countless community, education-based and healthcare resources that would otherwise be out of reach.

The upcoming series features the following videoconferences, (note that not all Eastern Townships CLCs are hosting all conferences):

Homework in Peace or Homework Police?

IN PARTNERSHIP WITH OMETZ
January 15, 7 p.m. - 8:30 p.m. (in Richmond, Magog, Bury)

Everything You Wanted to Know about Schizophrenia

IN PARTNERSHIP WITH AMI-QUEBEC
January 29, 7 p.m. - 9 p.m. (in Richmond and Magog)

Parenting 101

IN PARTNERSHIP WITH OMETZ
February 4, 6:30 p.m. - 8:30 p.m. (in Bury)
February 12, 7 p.m. - 9 p.m. (in Richmond and Magog)

Wills & Estates

IN PARTNERSHIP WITH EDUCALOI
February 26, 7 p.m. - 9 p.m. (in Richmond and Bury)

Internet Safety and Digital Citizenship

IN PARTNERSHIP WITH OMETZ
March 12, 7 p.m. - 9 p.m. (in Richmond)

Seniors: Protection from Exploitation and Abuse

IN PARTNERSHIP WITH RESEAU FADOQ
March 26, 1 - 2:30 p.m. (in Richmond)

Obesity

PRESENTED BY DR. ED MONAGHAN
April 16, 1 - 2:30 p.m. (in Magog and Bury)

So You Have A Mental Illness

April 23, 1 - 2:30 p.m. (in Bury)

Asked where the topics for the conferences came from, Jim explained that each CLC has an action plan that was created in discussion with members of the community. The head office of the CLC network refers to the pertinent issues that come out of those 37 action plans in order to try to find resources for conferences. As a result of this approach, the Richmond coordinator expressed that she thinks the medium is growing in popularity.

"I would say that there are provincial partners who are now relying on video conferences, more and more, to reach their particular audiences," Jim said. "Obviously some topics are of more interest than others, but we do have regular participants coming back and asking for the calendar."

She cited the particular example of the Quebec Farmers' Association, who meet regularly at CLCs across the region and the province to hold "Farm Food Forums" on issues related to agriculture in Quebec today.

Jim encouraged anyone who is interested in attending any of the conferences to contact their local CLC in advance, as the videoconferencing rooms have a capacity of 20 to 30 people.

The three Eastern Townships Centres are in Bury, at Pope Memorial Elementary School; in Magog, at Princess Elizabeth Elementary School; and in Richmond, at Richmond Regional High School.

Police seek man for indecency

Sherbrooke police are searching for a man with the nasty habit of exposing himself - and more - in public who has been seen hanging around the Galt St. West - Panneton St. area. He is described as a white male, approximately 25 years old. He is usually wearing dark clothing, including a hoodie.

Few impaired drivers on holiday roads

Sherbrooke police are reporting a

very successful holiday season in terms of driving while impaired as this year's province-wide offensive against the problem led to only five arrests.

Every year during the holiday season, the Sherbrooke Police set up several roadblocks to enforce laws and regulations relating to driving under the influences of alcohol or drugs. This action is taken as part of the provincial Operation 'Vaccin.' This year, the Sherbrooke Police set-up 13 roadblocks, stopping 2,487 vehicles resulting in only 5 arrests.

Historical Society gets Mt. Orford committee records

MAGOG

Members of the defunct Committee for the enlargement of Mont-Orford Park recently presented a host of documents relating to its work dating from 1970 to the Magog Historical Society so that they can be preserved.

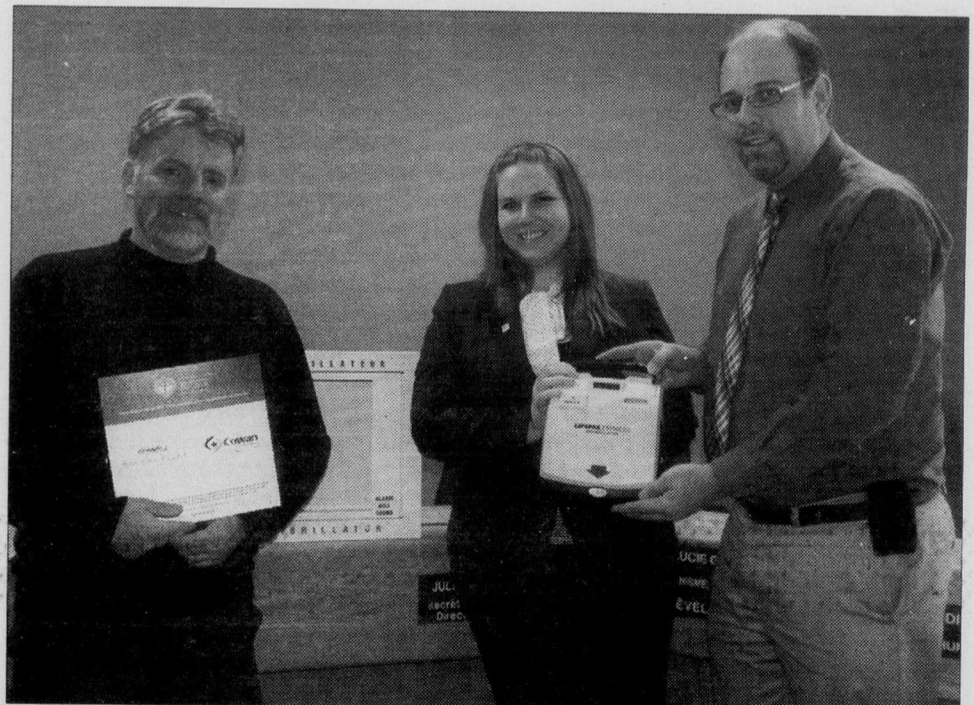
Historical President Paul-René Gilbert welcomed the donation with satisfaction. "The work done by the members of this Committee belongs to the history of Mont-Orford Park," he says.

Former committee member Réjean

Beaudoin argues that the work done by his group "helped raise public awareness of the importance of tourism. Expanding the park was something that was far from the concerns of people at the time when we mobilized in the 1970s."

Beaudoin is also delighted to learn that the most recent expansion of the protected area, which was created in 1938, should be finalized in the coming months. "This is good news. This new expansion project responds to a need, as people increasingly appreciate the outdoors and want to get closer to nature."

Stoke Community Centre gets new AED



COURTESY

The Heart and Stroke Foundation (FMC) marked the deployment of an automated external defibrillator (AED) at the Stoke Community Centre. The combined donations of the Boston Pizza Foundation and The Cowan Foundation organization will acquire DEAs, provide training, and place them in public locations now including Stoke. Pictured from left to right: Stoke Mayor Luc Cayer, Town Manager Julie Plamondon, and François Desmarais, Regional Director of the Heart and Stroke Foundations.

From St. Claude to Chopped Canada



DISHPAN HANDS

Ever watch a child develop an ability or an interest in something? One of those moments when you catch a glimpse of the future, when you truly witness keenness, focus and/or intent? Maybe the act requires extraordinary effort, but the child is so taken with the activity that he or she can't help him/herself - there's inertia at work, no matter how slowly that ball is rolling...there's no denying it, it's rolling.

Sometimes it's a sport - something requiring precision, honing, direction, self-control. Others it's the mastering of an instrument, driven by sound, feel, influenced by other artists.

In Tammi McGee's case, that aptitude and truly, that love, rooted and grew at her mother, Mona's side. Growing up just alongside St. Claude (between Richmond and Windsor), Tammi is the eldest of three ginger-haired McGee girls, who attended Richmond's St. Francis Elementary and Richmond Regional High School. Their father, Gerry, is well-known in the school community, as a

bus driver and security agent at the high school. Owner of an award-winning Salers farm, Gerry (like many Townships farmers) makes short work of long hours, and still finds time to give back to his community in many ways. Mona McGee is part of the formidable Morin-McGee clans known for not only celebrating with copious amounts of home-cooked food, but for entertaining great groups of community members at various social functions throughout the year. Just to give you an idea of this extended family's continued relationship with grub, Mona's nephew Corey Morin is the owner of Domino's Pizza in Sherbrooke.

As a long-standing member of her local Women's Institute, Mona has spent countless hours working on her contributions for meals provided by the WI. Among Tammi's earliest memories are the many moments spent at her mother's side in the kitchen, enthusiastically aiding in the preparation and assembly of whatever dishes were required.

Tammi's passion progressed on through high school home economics class and beyond graduation (in 1994) to post-secondary studies, beginning in Hotel Management at Loyalist College in Belleville, Ontario, and moving on as Apprentice at the Fairmont Chateau Lake Louise. Following her first year there, the Fairmont Chateau Lake Louise sponsored Tammi in the completion of her studies at the Southern Alberta Institute of Technology, paying for schooling two months per year in a three-year

program, while she worked for the hotel in order to complete her Red Seal Certificate.

She remained with Fairmont from 1998 - 2001, adoring her time there. She then moved on, working for Casino du Lac Leamy/Hotel Hilton (Gatineau) until 2009 when she began as First Cook (production) at the Fairmont Chateau Laurier in Ottawa, from May of 2012 to October of 2013, she occupied the role of Chef de Partie - Saucier at Ottawa's Fairmont Chateau Montebello, and since October she has been Station Chef Saucier at the House of Commons for Parliament Hill Production.

To top things off, Tammi is raising two beautiful children (a son and daughter) with her husband, and is VP of the Salers Association of Canada, the Junior Member Liason for Eastern Canada and the Quebec Salers Association!

Last spring Tammi heard of the Canadian version of the Food Network's Chopped series, Chopped Canada. The show is hosted by Dean McDermott, whom the www.foodnetwork.ca introduces as follows, "Dean McDermott, actor, television personality and 'Gourmet Dad,' opened his home to America during the six seasons of the hit Slice show *Tori & Dean: Home Sweet Hollywood*, with his wife, actress *Tori Spelling*. *Tori and Dean* created the show and served as executive producers alongside *Fenton Bailey and Randy Barbato* of *World of Wonder Productions*. Born and raised in Toronto, Dean recently returned to his hometown to host

the highly anticipated Food Network Canada Series, *Chopped*." (courtesy: www.foodnetwork.ca)

Tammi's application to the show was retained, and following interviews, due process and great anticipation, she was accepted as a contestant for the first season, filmed this fall, that debuted last week on the Food Network. Tammi went up against three other participants for her episode, that is set to air on March 13.

While she is uncertain how she'll feel watching herself contemplate, rush, fret and produce on the small screen, she is proud to have participated, and mum's the word on the results...Tammi is proud to know that fellow food enthusiasts and Townshippers will be able to watch her performance!

The judges for Chopped Canada are celebrity chefs Lynn Crawford, Chuck Hughes, Roger Mooking, Susur Lee, Michael Smith, Vikram Vij, Anne Yarmowich and John Higgins.

Tammi McGee's story is evidence of Townshippers growing up in communities where people support one another, become involved in the basic and important support networks (like the Women's Institutes), and move on to feel capable and responsible for really making your way in the world.

Don't miss DH Radio tonight from 9 - 11 p.m. on CJMQ 88.9 FM with your hosts Sheila Q. and Stéphane Bessette, to hear the interview with Tammi on the whole process leading up to Chopped Canada!

Blustery weather lexicon mixes winter storm hype with science

By Michelle McQuigge
The Canadian Press

Weather bombs dot the landscape, snowmageddons loom on the horizon, Frankenstorms lurk around every bend.

With forecasts like that, Canadian weather watchers could be forgiven for believing we live in particularly dire meteorological times.

But experts suggest that reality is being largely shaped by forecasters and media outlets alike, adding both parties are falling prey to whims that are as fickle as the subject they're covering.

The demands of the 24-hour news cycle, the rapid spread of information via social media and a growing focus on public safety have all combined to change the way weather is discussed in Canada, they said.

Chris Scott, chief meteorologist with the Weather Network, said he's seen a clear shift in the tone of most weather coverage over his 15 years in the business.

Scott attributes much of the change to social media platforms such as Twitter, Instagram and Facebook, which allow weather enthusiasts to congregate and exchange ideas more publicly than they have in the past.

The result, he said, is an expanded vocabulary that has trickled down to the public at large.

"There's a lot more information out there, and these terms that only us weather geeks would use at a party are now becoming fairly common terms and being picked up by the media," Scott said in an interview from Oakville, Ont. "There's no question there are terms out there that have not been used in the past."

Some of those terms, such as "polar vortex" and "flash freeze," are specific phenomena that are clearly defined by Environment Canada.

The national weather agency has a fair amount of control over the country's climate lexicon, laying down guidelines for everything from storm types to precipitation warnings.

But senior climatologist David Phillips said even those guidelines have undergone a noticeable shift in the past decade or so.

Environment Canada has developed 22 different types of weather warnings across all four seasons, Phillips said. There was a mere handful of warnings at the beginning of his career.

Phillips said the increase has allowed the agency to provide more nuanced forecasts while satisfying Canadians'

keen appetites for all things weather related.

Discussing Mother Nature in more descriptive language, Phillips said, has proven an effective way to engage with the public.

"There's 33 million weather weenies out there. We all love to talk about the weather. We curse it, we bless it a We don't leave home without getting the weather word," Phillips said. "I think it helps to reach Canadians by expressing it in this common way and maybe even more of an upbeat way."

Some media observers, however, feel the tone of the coverage has crossed the line from informative to sensationalistic.

Jeffrey Dvorkin, director of the journalism program at the University of Toronto's Scarborough campus, said Canadian weather coverage has followed a trend first established in the U.S.

Media outlets eager to retain a customer base have given greater emphasis to issues such as traffic, weather and crime, Dvorkin said, adding such "low-hanging fruit" have direct local impact and are comparatively easy to cover.

The greater focus on forecasts and ongoing competitive pressure have left media searching for ways to reel in an audience.

Evocative terms such as "snowpoca-

lypse" and "superstorm," he said, are one way to do so.

"It becomes a way of doing news coverage, doing it in a very inexpensive way, and making it appear to be more interesting, exciting, or even dangerous than in fact it is," Dvorkin said.

Phillips and Scott concede the language surrounding forecasts can stray over the top, particularly in inexperienced hands.

But both contend that severe weather can be a life or death matter and that sometimes forceful word choices have their place.

"We're really anxious for the public to pay attention to our forecast... that really is our reason for existing," Phillips said. "The perfect forecast is useless unless it's in the hands of someone who can make some advantage of it, whether it's to turn a profit or to make life more secure and safe."

Scott said some of the onus rests with the public, adding it's up to each individual to sort through the sea of information and focus on the most credible.

"The message can get diluted if things are talked about in an aggressive way too often," he said. "There's no shortage of information out there. It's all about trying to find the best source, the accurate source."

THE PET CONNECTION



Jen Young

Welcome back to a new year of Pet Pages, and a new year of rescues. This year, I kind of resolved to not make any personal resolutions; since I always blow them anyway, but I did decide that this year we will focus even more on animal safety, and especially our Pet Connections' safety.

In the past, I have micro chipped our Pet Connections when I had the money and when it came time to fix and vaccinate them. One in maybe 10 was able to be microchipped. This year, even if it takes longer for me to save the money

necessary to get them vet attention before they can be adopted, all of them will be. Why? Because it is an extra safety precaution. And, this way it helps me to make sure they stay safe even after they leave our hands. If an animal is lost and brought to a shelter of any kind, or vet because it is hurt, it is microchipped. If it is one of our pet Connections, their new owner's information will be there but also my cell phone will be the emergency back up number. Just in case the new owner can't be reached, avoiding any chances of euthanasia.

As it is now, I ask for a donation of half of what it costs me to get them fixed and vaccinated when they are adopted. That doesn't cover the entire cost and it surely doesn't cover medications and necessities, but that is our mission, to help as many as we can. The adoption donation remains \$100 for a

cat and \$200 for a dog, but if they have received their microchip there will be a small amount of \$25 to help cover that cost, which is again, half the cost of getting a microchip inserted. So while I didn't resolve to be a nicer person (I remind myself of that everyday) or to lose weight (the stress of losing power does that for me), I did resolve to place even more of an emphasis on safety, even more than we already do, this year.

I hope you all had a wonderful holiday and that 2014 brings you much health and happiness.

A special thank you

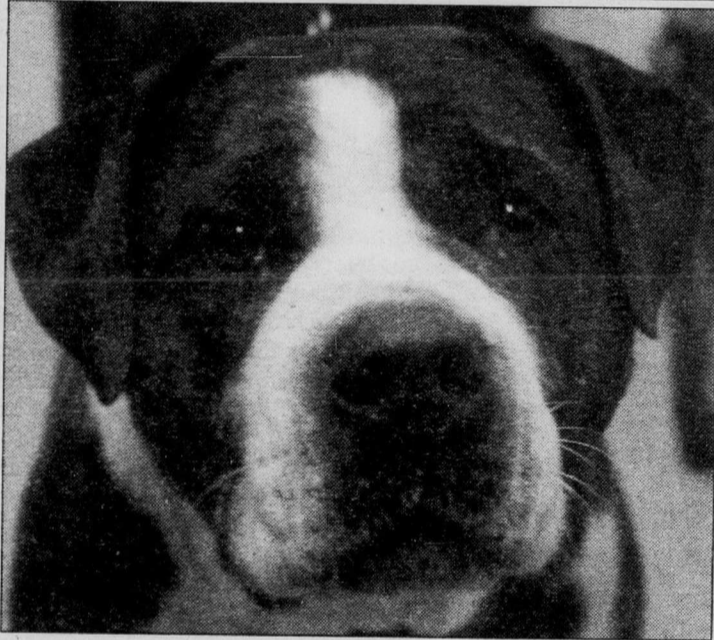
I would like to thank all of you who sent in donations over the holidays to help us continue in our mission, and I especially would like to thank Jim and Wendy Wark. On the most stressful day I could imagine, with no power, no heat

and no water, over the holidays, I received an envelope. In it, a donation from the entire Wark family who decided not to give each other gifts this year, but instead help the animals in our care get everything they need to be able to find a second chance. I can't tell you how much your help, Jim, Wendy, Sarah and Peter, is appreciated especially on that very stressful day in particular. We will rescue on this year and this year, we hope to help even more.

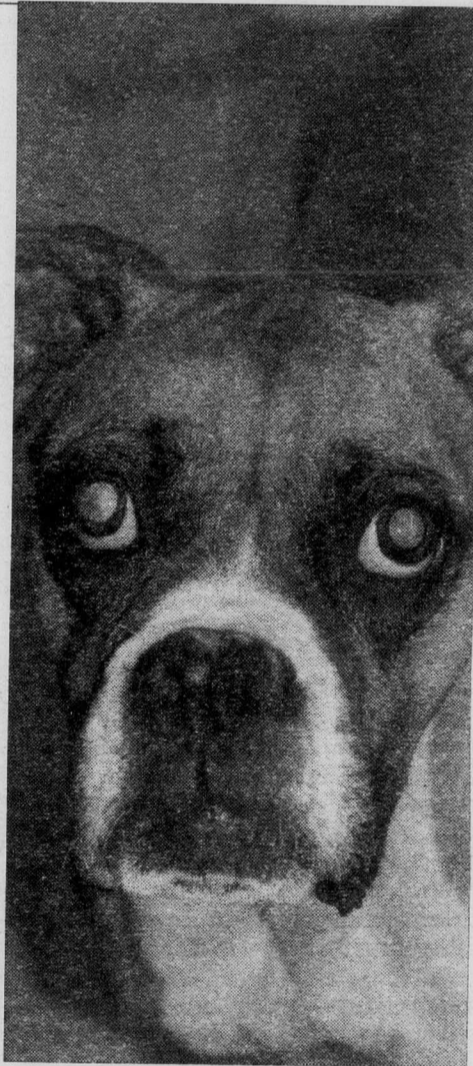
Our mission has always been, "help as many as we can" and with your help, we can help more. THANK YOU! Thank you to everyone who continues to help and support us. We are not funded, we are not sanctioned by anyone to do what we do, we do it because we care and because of all of you who care too, we will succeed in changing the lives and destinies of hundreds more again this year.



Duster is still with us. He is a German shepherd mix. He is not the best with other males, which is why he has been passed up numerous times. He would be best suited in a home with no other dogs, or with a patient master who will teach him that he has no reason to be a bully to other males. It can be done. He is a year old now and deserves a chance.



Sasha is a five year old American Bulldog. She is very sweet and obedient. She was saved from a high kill pound in Montreal and you can tell she is happy to have been given a second chance. Now she just needs a real family.



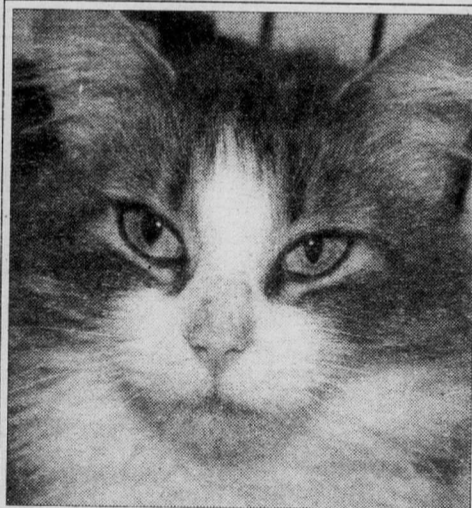
Patsy, our found female boxer is still waiting for a real family. She was found many months ago stray. Like most female boxers, she has issue with other dogs, but is so sweet and obedient with people. She will make a great family pet for a family with no other dogs.



Gypsy, our black lab mix that we saved from a high kill pound in Montreal has yet to be adopted. She is good with other dogs and cats and will make a great pet.



Sweetpea is our 10 week-old kitten that needs a good home. We have MANY kitties that need a new home, but Sweetpea is the last of her litter of six still waiting.



Fluffy, our stray from Coaticook is a gorgeous girl. She still has yet to be adopted and is waiting patiently. She is nine months old now.

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

GROOMING

SPECIAL OF THE WEEK



Let our professional groomers, pamper your pet, it's our #1 priority. Call today for an appointment.



1730 Wellington Street South Sherbrooke

SPECIAL
\$40



Heated water bowls, perfect for any strays hanging around your house



819-348-1888 blueseal@agrifanalyse.com

EDITORIAL

The myth of Quebec tolerance has always been just that, of course, as the non-visibility of visible minorities in the public service attests.

Cold winds blowing



Mike McDevitt

For many, the weather wickedness that withered the holiday spirit of countless North Americans was a fitting end to 2013, which will not be remembered with any special fondness. Sadly, a renewed meteorological onslaught at the beginning of 2014 might well be telling us the New Year will be bringing us more of the same.

Here in Quebec, 2013 saw the desperate attempt by a desperate government to generate support by appealing to all of our worst tendencies. With its 'Charter of Unnecessary Verbiage' aimed at the public shaming of religious belief and customs, the government tapped into the fears and apprehensions of a society undergoing rapid social, demographic, and cultural change.

For the nationalists of the hinterland whose vision of a "Québec pour Québécois" is threatened by an influx of different-looking people who don't know Gilles Vigneault and can't seem to grasp the extent of Quebecois persecution, these changes are a threat. For the PQ, this sense of menace is a gold-mine ready to be mined, as the American Republican Party has demonstrated, and perhaps the only hope it has for its incompetence to be overshadowed in an election that must eventually be called.

The proposed Charter has succeeded in its primary goal of creating an emotional stir while distracting attention from the government's rudderless economic policy and offers numerous opportunities for exploiting the province's genetic discontent. The law in its present form won't be passed and, even if it were, it is very unlikely it could survive a constitutional challenge. Knowing

this, the PQ sees the Charter as a worthy electoral issue.

When the proposed Charter is debated in the National Assembly, the government's minority status makes it highly unlikely it will be able to garner enough support from opposition parties to anything resembling the current proposal. Should this happen, the PQ will then once again raise its flag in outrage at the treacherous 'Quebec-bashers' who spend their lives ensuring that Quebec fails at every turn. Like the 'vendus' of a previous generation, those who cherish individual freedom and rights above conformity are tarred with the brush of insufficient loyalty to the tribe, its dialect, and its narrowness of vision.

The traditional dream of an independent Quebec owned and operated by the 'pure laine' died with the last century, as globalism and technology continue to erode the importance of national borders. In response, separatists have courted newcomers intellectually and presented an open, tolerant, accepting face to immigrants from around the world - particularly those who speak the lingua franca - and claiming that Quebecers' progressive nature would free them from the tyranny of the Rest of Canada. There turns out to be a catch, however, and a fairly big one at that. Quebecers will accept divergent origins, cultural and ethnic, provided that the 'cultural' part is permanently left behind. The freedom that Quebec offers finally is the freedom to abandon their cherished beliefs and blend in or forever remain 'les autres tolérés.'

The myth of Quebec tolerance has always been just that, of course, as the non-visibility of visible minorities in the public service attests, but it has long been part and parcel of the 'moderate' Independentists' self-delusion regarding the tribal nature of nationalism, which, by definition, requires an 'other' against whom to struggle. Once it was the Anglos but, after almost 40 years of Bill 101, most of these have either gone or learned the language and blended in. Immigrants, on the other hand, especially those who insist on being themselves, offer an appealing alternative, as they are often easy to spot.

It would be naive, of course, to expect



the PQ to come out and actually say what it means by its assault on personal freedom. Rather than admit to sharing the same attitudes as red-necked racists in the United States (and in the ROC), the PQ is decorating its xenophobia in the mantle of 'women's rights' and is prepared to exclude from public life those women who refuse to be free in the approved manner.

Sadly, this hypocrisy will work well enough to keep the population divided as the new parliamentary session begins and debate on the subject is formally launched. The major opposition parties, rather than relying on either principle or common sense, will try to minimize gains by the PQ by hemming and hawing and looking like the rudderless servants of the plutocracy that they are. Naturally, they fear that the PQ will be able to divide the opposition to the charter and ride this division to majority status.

It is unlikely, however, that the Charter debate will ever reach completion in

this parliamentary session, as the government has to present a budget at some point and on this, both parties have indicated they will vote against the government regardless of what the budget actually contains. In this case, the Charter bill will die as the government falls and the opposition will try to focus the resulting election on the government's dismal performance in every area other than disasters.

Quebecers can look forward to a nasty election campaign this year as a desperate MaTante Marois scrambles to save herself, her party, and the nationalist dream from the dustbin of the modern world. As dishonorable, dishonest, and frankly embarrassing the PQ's newly aggressive intolerance is, it nevertheless represents the party's last best chance to save itself and its option.

So as the New Year begins, we can expect, despite our hopes, more of what we left behind - freaky weather, freakier politics, and no relief in sight.

Letter

DEAR EDITOR:

Since homeless people only use shelters between 5 p.m. to 8 a.m., could the space be put to use during the day? Perhaps as a learning centre or workshop where homeless people could be taught to make certain things for their own use, or items that could be sold in the street? Why are homeless people considered to be totally "helpless"? And what is it with this "mental illness" label? Regular society is full of working mentally ill. Ask any psychologist.

And getting kicked out at 8 a.m.? During the winter? That's cruel; let them sleep in a little!

P.S. And could not shelters be used as a home address? Homeless people who do not file income tax save the provincial and federal governments a lot of money. The homeless take less and contribute more than some millionaires.

J. KRPAN
GEORGEVILLE

THE RECORD

1195 Galt East, Sherbrooke, Quebec J1G 1Y7
Fax: 819-821-3179

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

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

DEPARTMENTS

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

KNOWLTON OFFICE

5B VICTORIA STREET, KNOWLTON, QUEBEC, JOE 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

PRINT SUBSCRIPTIONS

		GST	PST	TOTAL	
QUEBEC:	1 YEAR	120.00	6.00	11.97	\$137.97
	6 MONTHS	63.00	3.15	6.28	\$72.43
	3 MONTHS	32.00	1.60	3.19	\$36.79

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	55.00	2.75	5.49	\$63.24
	1 MONTH	4.99	0.25	0.50	\$5.74

Rates for out of Quebec and for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 1195 Galt East, Sherbrooke, QC J1G 1Y7

Member
ABC, CARD, CNA, QCNA

Local Sports

The victory improved Champlain's record to 23-6 for 51 points, good for third place in the Perron-Burrows Division and fourth overall in the league.

Cougars open New Year with victory Women resume play next week

By Mike Hickey
Special to the Record

The Champlain College men's hockey team got the New Year off to a great start as they downed the Granby Inouks 5-2 Sunday as Jeremy Brown's second period tally proved to be the difference.

The Cougars jumped out to a 2-0 lead on goals by Justin Vachon and Janick Asselin but

Erik Longtin and Jason Crack replied for Granby to tie the game as the first period came to an end. Brown scored the lone goal in the second period to put Champlain up for good and third period goals by Alex Gagnon and Xavier Perron (an empty net goal) iced the victory. Asselin's goal was his team-leading 29th of the season and he is the only Cougar among the top

ten scorers with 58 points in 34 games.

Alex Leclerc started the game in nets and made 14 saves in the opening period before being replaced by Shawn Ouellet who stopped all 20 shots he faced and was credited with the win. The rookie netminder is now 12-1-2 on the season with a 2.88 goals against average, the second best in the league.

The victory improved Champlain's record to 23-6 for 51 points, good for third place in the Perron-Burrows Division and fourth overall in the league. They are back in action Wednesday when they travel to Lachine to play the Maroons while their next home game is Sunday when they host St-Hyacinthe.

In other Cougar news, the women's hockey team resumes

play next Saturday when they travel north to play the Rimouski Pioneers. Champlain presently sits in second place in Division 2 with a 6-8 record and ended the first semester with a modest two-game winning streak. They will return home the weekend of Jan. 25-26 to host the Lionel Groulx Nordiques and the John Abbott Islanders.

Canada names Sochi Olympic roster

By Stephen Whyno
The Canadian Press

Team Canada's management staff met for seven hours to decide on the final players on the 25-man roster for the Sochi Olympics, and predictably there was still plenty of debate over who made it and who didn't.

In the final analysis, forwards Jeff Carter, Patrick Marleau and Chris Kunitz were named to the roster, while Martin St. Louis, Claude Giroux and Logan Couture were left off.

"Every one of us in Canada has an opinion on who should be on this team and nobody's wrong," executive director Steve Yzerman said Tuesday. "Nobody's wrong because they're all really good players. Ultimately, this group is in charge of deciding who the 14 (forwards), eight (defencemen) and three (goalies) are."

Of the 25, 11 won gold at the Vancouver Games. That includes Sidney Crosby, who scored the overtime winner in the 2010 final, and goaltender Roberto Luongo, who is likely to split the 2014 tournament's first two games with Carey Price.

Forwards Jonathan Toews, Ryan Getzlaf, Corey Perry, Patrice Bergeron, Rick Nash and Marleau and defencemen Shea Weber, Duncan Keith and Drew Doughty also return from 2010.

"I like the makeup and (think) the experience of Stanley Cup-winners and 11 gold-medallists and 12 participants in the Olympics is going to be key as we

move forward," said Doug Armstrong, St. Louis Blues GM and member of Team Canada's management staff.

Price and forwards John Tavares and Steven Stamkos lead the group of newcomers, which is full of youth and speed, which will be key on the international-sized ice surface.

Other newcomers chosen by Yzerman and his management team include forwards Kunitz and Matt Duchene and defencemen Jay Bouwmeester, Alex Pietrangelo and P.K. Subban, who was the subject of much debate leading up to Tuesday's announcement.

"In the end we've put together the best group of players we possibly can," coach Mike Babcock said. "Now we have to become the best team we possibly can."

Team Canada is hoping to cash in on Kunitz's natural chemistry with his Penguins teammate Crosby.

"A lot of people have asked me if Kunitz is being helped by Sidney Crosby," Yzerman said. "They help each other. He's a tremendous player and ultimately, we asked ourselves, does he belong on this team? And the answer is yes."

St. Louis, snubbed in 2010 by Yzerman, was cut again this time around. Joe Thornton, Eric Staal and Dan Boyle were also considered candidates who didn't make the cut.

Yzerman said St. Louis, who plays in Tampa, was an especially hard decision.

"He's a tremendous hockey player who has played outstanding hockey for

us in Tampa this year," said Yzerman, who is the general manager of the Lightning. "Our team has a good record and he's a big reason why our team is playing well."

Lightning forward Stamkos' status for the tournament is unclear as he continues to recover from a broken leg. Yzerman said his rehab is going well.

"If he's healthy he's one of the best 25 players obviously in Canada and should be on that team," said Yzerman.

Canada's roster features two of the NHL's top three scorers in Crosby (23 goals, 40 assists) and Getzlaf (20 goals and 28 assists). U.S. winger Patrick Kane (23 goals, 31 assists) is the other.

Canada beat the United States in overtime to win the gold medal in 2010 when Crosby beat Ryan Miller. It was Canada's second gold medal since the NHL began sending its players at the 1998 Nagano Games.

Canada opens the Sochi Games Feb. 13 against Norway.

The full roster:

Goalies: Roberto Luongo; Carey Price; Mike Smith

Defencemen: Jay Bouwmeester; Drew Doughty; Dan Hamhuis; Duncan Keith; Alex Pietrangelo; P.K. Subban; Marc-Edouard Vlasic; Shea Weber

Forwards: Jamie Benn; Patrice Bergeron; Jeff Carter; Sidney Crosby; Matt Duchene; Ryan Getzlaf; Chris Kunitz; Patrick Marleau; Rick Nash; Corey Perry; Patrick Sharp; Steven Stamkos; John Tavares; Jonathan Toews.

QMJHL

CONT'D FROM PAGE 1



COURTESY

Charbonneau says Bahl will fit in nicely with his team and adds that he has played with fellow Phoenix teammates Carl Neill, Jonathan Deschamps, and Jérémy Roy, making for a powerful quartet.

"Julien Bahl is a defenseman who is very agile with the puck and fans will quickly learn to love him. Before long, I assure you that our defensive corps will be the key point of the team's success," Charbonneau said.

Originally from Sorel Tracy, Julien Bahl is in his second season in the QMJHL, having played over ninety games with Blainville-Boisbriand and has a plus-minus rating of +25.

The Phoenix are in action tonight at the Sports Palace against the Armada. Game time is 7 p.m.

Tel. 819.560.8842

BE BEHIND YOUR TEAM

PROMO

"Back to school"

HOCKEY PHENIX .CA

DON'T FORGET

WEDNESDAY, JANUARY 8 7 P.M.

Students

Elementary High School College University

\$5* / ticket

*Ticket purchase only by phone or at Le Palais des Sports ticket booth.

ALSO, DON'T MISS IT!

SUNDAY, JANUARY 12 AT 4 P.M.

MANY PRIZES TO WIN!

PRESENTED BY

LA TRIBUNE

Datebook

Today is the eighth day of 2014 and the 19th day of winter.

TODAY'S HISTORY: In 1790, President George Washington gave the first State of the Union address.

In 1877, Crazy Horse lost his final battle against the U.S. Cavalry at Wolf Mountain in Montana Territory.

In 1918, President Woodrow Wilson outlined his "Fourteen Points" peace plan.

In 1982, AT&T agreed to give up its 22 local "Baby Bells."

In 2011, a gunman opened fire at a public event for Democratic Rep. Gabrielle Giffords of Arizona, killing six people and injuring 13, including Giffords.

TODAY'S BIRTHDAYS: Jose Ferrer (1912-1992), actor; Soupy Sales (1926-2009), TV personality; Elvis Presley (1935-1977), singer/actor; Bob Eubanks (1938-), TV game show host; Stephen Hawking (1942-), physicist; Terry Brooks (1944-), author; David Bowie (1947-), singer-songwriter; R. Kelly (1967-), singer-songwriter; Rachel Nichols (1980-), actress; Kim Jong Un (1983-), North Korean leader.

TODAY'S FACT: About 600,000 people annually visit Elvis Presley's Graceland estate in Memphis, Tenn.

TODAY'S SPORTS: In 1901, the first tournament sanctioned by the American Bowling Congress was held in Chicago.

TODAY'S QUOTE: "Quiet people have the loudest minds." — Stephen Hawking

Death

Dorothy Vivien ROWELL FISK

June 21, 1914 - January 6, 2014

Dorothy Vivien Rowell was born in Montreal in 1914, the second of three children of Byron and Vivien Rowell. In 1940 she married Sydney Fisk of Abbotsford, Quebec, and together they had five children. Dorothy took a great part in her community and church, and her home always served as a focal point for her children and their friends, and as a locale for family reunions. "Aunt Chee," as she was called, played an important role in the lives of her many nieces and nephews as well...Gardening was one of Dorothy's favourite activities, and until recent years she grew both flowers and vegetables. Each summer and fall her house would be filled with the aromas of pickles, jams, and other goods she was preserving.

Dorothy is survived by four of her children and their spouses, Judith and Jim Beauchamp, David and Christine Fisk, Brian Hughes (spouse of Penny Fisk), Ron Fisk and Marie-Cécile Brasseur, and Nancy and Barry Loadenthal, by her sister Ethel Rowell, and by many grandchildren, great grand children, nieces, nephews, and other family members. She was predeceased by her husband, Syd, who died in 1962. She was also predeceased by her parents, by her daughter Penny Hughes, and by her brother Arthur "Bob" Rowell and his wife Pearl. Dorothy was a kind and gentle person and a wonderful mother. She will be missed by all who knew her. May she rest in peace.

A funeral service will be held at St. George's Anglican church (130 rue Principale, Granby) on Saturday, January 11, at 11:00 a.m. The family will be receiving sympathies from 10:15 at the church. Those who wish to do so may send a donation in Dorothy's memory to St-Paul's Anglican Church (75 rang de la Montagne, St-Paul-d'Abbotsford, JOE 1A0) or the Fondation pour la conservation du mont Yamaska (c.p. 87 St-Paul-d'Abbotsford, JOE 1A0) or to any charity of their choice.

Death

In Memoriam



SLACK Alice - In loving memory of a loving mom, grandmother and great-grandmother who passed away two years ago on January 8, 2012.

*We often think of bygone days
Of when we were together,
The family chain is broken
But memories live forever.*

Sadly missed and loved so much.

STEVE AND MARGE
CATHY
TONY

Four healthy foods you can overdo

FROM CONSUMER REPORTS®

by the editors of Consumer Reports

Many folks think "the more, the better" when it comes to healthy foods, notes ShopSmart, the shopping magazine from the publisher of Consumer Reports. The truth is, "you absolutely can overdo it," says Jessica Crandall, a registered dietitian in Denver and national spokeswoman for the Academy of Nutrition and Dietetics.

ShopSmart lists four things that are easy to go overboard on and why that's a problem:

PROTEIN

— Sources. Meat, fish, poultry, legumes, tofu, nuts and dairy, plus powders, drinks and bars.

— What happens if you overdo it. Overdoing it can strain your kidneys, especially if they are already compromised because of kidney disease, and can also leech calcium from your bones. A big problem is uber-fortified bars and drinks that contain far more protein than your

body can use. Plus, ShopSmart's experts recently tested 15 brands of protein powder and drinks and found that at least one sample of each was contaminated with potentially toxic heavy metals.

— How to get the right amount. The average woman needs about 46 grams of protein daily; the average man needs 56. When you consider that a sandwich with 3 ounces of chicken and an 8-ounce glass of milk have about 40 grams, it's easy to see why many of us get too much. For most people, three servings of protein-rich foods daily are plenty.

FISH

— Sources. The biggest risks come from eating too much of certain kinds of fish: king mackerel, shark, swordfish, tilefish and albacore tuna.

— What happens if you overdo it. You could be exposed to potentially high levels of a toxic kind of mercury. Even low-level exposure in pregnant women and young kids has been linked to problems with hearing, coordination and learning ability. In adults, eating high-mercury fish too often might affect the nerves,

heart and immune system.

— How to get the right amount. To consume a healthy dose of omega-3 fatty acids without too much mercury, stick with clams, oysters, pollock, Alaskan or wild-caught salmon, sardines, shrimp and tilapia. Kids and women of child-bearing age should eat certain fish less often; search "mercury" at ConsumerReports.org for a list.

FIBER

— Sources. Fruits, vegetables, nuts, beans, legumes, oats and whole grains, plus fortified foods and supplements.

— What happens if you overdo it. Fiber is important for good digestion, but too much can keep your body from properly absorbing minerals such as iron, zinc, magnesium and calcium. The most common problems people have with fiber are gas, bloating and diarrhea, and they often strike when you suddenly up your intake. Inulin, a kind of fiber made from chicory, is often used to fortify foods; it's more likely to cause tummy trouble than natural fiber. And fiber supplements can cause constipation if you take

them without drinking enough water.

— How to get the right amount. Aim for 25 to 30 grams daily. If you're falling short, you can safely boost your intake without side effects by gradually adding more natural fiber sources. They're the best because they have soluble and insoluble fiber as well as other nutrients.

DRIED FRUITS

— Sources. The list of dehydrated fruits sold at supermarkets has exploded; you can find dried boysenberries, guava and more.

— What happens if you overdo it. The concentrated dose of fiber and fructose, the form of sugar found in dried fruits, can cause gas and bloating. Dried fruits are also high in sugar (and calories!) and can stick to your teeth, which can lead to decay.

— How to get the right amount. Stick to small servings. Two tablespoons of dried cherries or blueberries, 1 1/2 dried figs or three dates contain about 70 calories each. Brush your teeth after snacking, or at least drink some water.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAM, BRIEFLETS:

Text only: 37¢ per word. Minimum charge \$9.25 (\$10.63 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: \$15.00 (includes taxes)

With photo: \$25.00 (\$28.74 taxes included) DEADLINE: 3 days before publication.

WEDDING WRITE-UPS:

\$25.00 (\$28.74 taxes included) WITH PHOTO: \$35.00 (\$40.24 taxes included)

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

DEADLINES FOR DEATH NOTICES:

For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.

For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or

fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

CELEBRITY CIPHER by Luis Campos

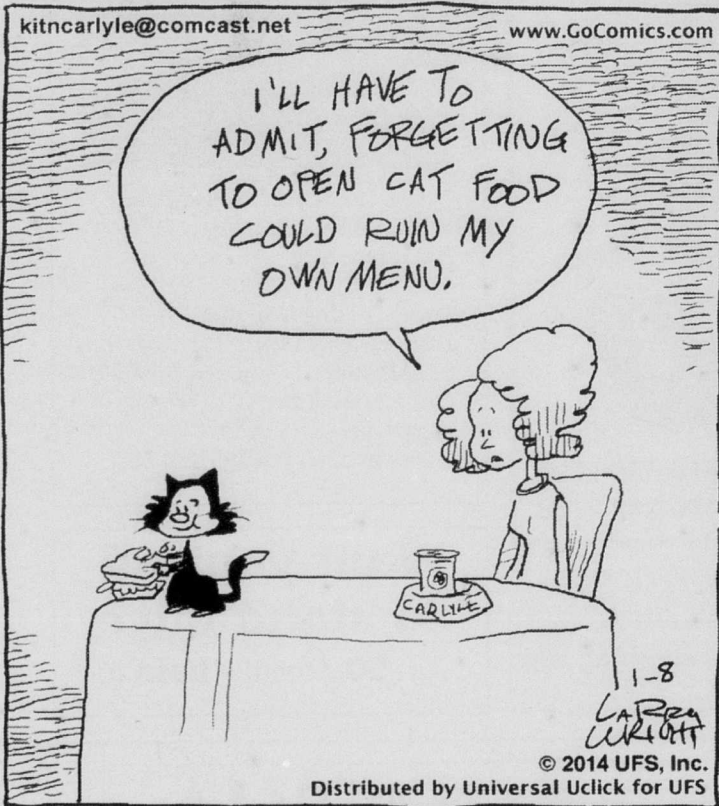
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" R BRM BNAH BRLLD XMFD R JPLD
YLPHHD CXBRM EM ORAP ZP AZXNFK
PJPL CRMH AXBP XHZPL BRM HX
HRWP ZPL XII ZEA ZRMKA." — AROZR
UNEHL D

Previous Solution: "The greatest guitar player in the world today for me is Paco de Lucia, who is actually Spanish." — Guitarist George Benson
TODAY'S CLUE: X siben M

© 2014 by NEA, Inc., dist. by Universal Uclick 1-8

KIT N' CARLYLE



HERMAN

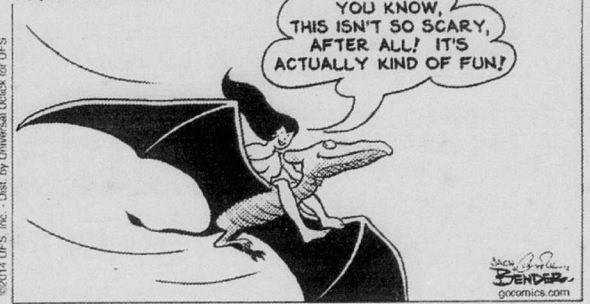


"As your former Latin professor, I can't say you've exactly made my day."

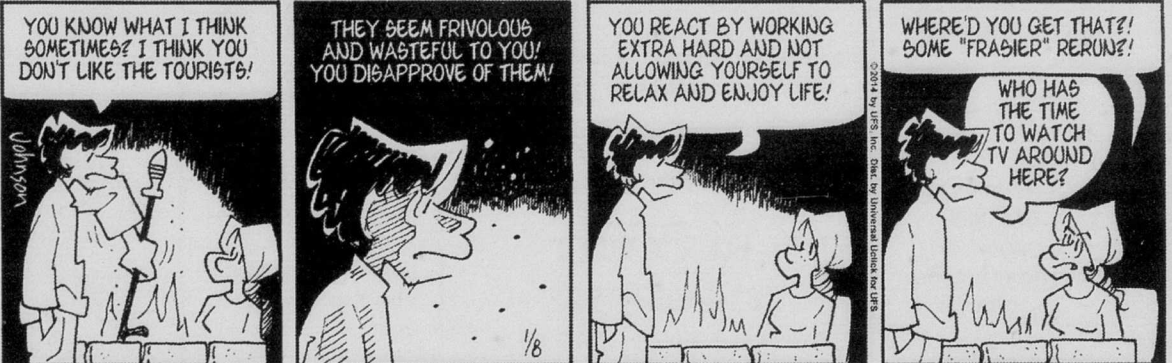
ALLEY OOP



MEANWHILE, IN THE SKIES ABOVE MOO...



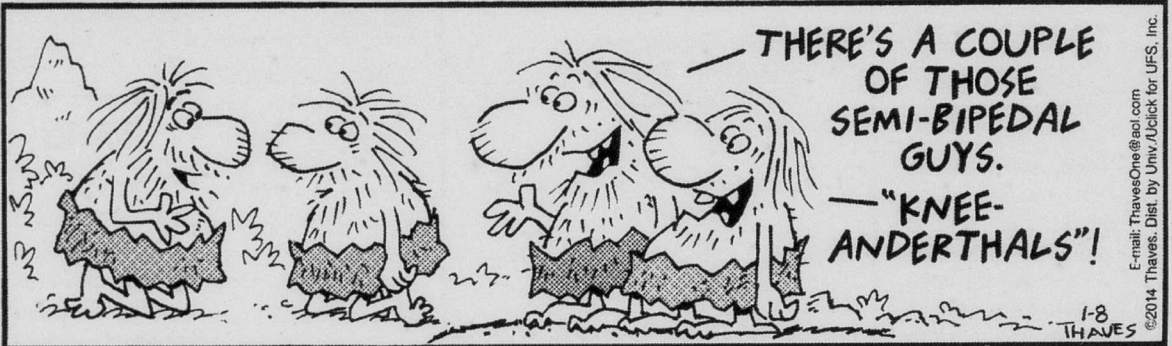
ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZWELLS



SOUP TO NUTS



Go grocery shopping with dietitians.
When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide.
www.healthcheck.org

Diabetes The New EPIDEMIC
REACT NOW!
Diabetes Québec
Information and donations:
(514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

CALL SHERBROOKE: (819) 569-9525 BETWEEN 8:30 A.M. AND 4:30 P.M.
E-MAIL: classad@sherbrookerecord.com
OR KNOWLTON: (450) 242-1188 BETWEEN 9:00 A.M. AND 4:00 P.M.

CLASSIFIED

DEADLINE: 12:30 P.M. ONE DAY PRIOR TO PUBLICATION
OR MAIL YOUR PREPAID CLASSIFIED ADS TO
THE RECORD, P.O. BOX 1200, SHERBROOKE, QUEBEC J1H 5L6

001 Property for Sale

CANCEL YOUR TIMESHARE. No risk program. Stop mortgage and maintenance payments today. 100% money back guarantee. Free consultation. Call us now. We can help! 1-888-356-5248.

035 For Rent

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com

LENNOXVILLE - 3070 College Street. 4 1/2, balcony, renovated. \$535. per month. Available now. Near bus and university. Call 819-575-1824.

050 Rest Homes

CONNAUGHT HOME in North Hatley has a semi-private infirmary room available immediately. Full licensed nursing care 24/7, social activities included (music concerts, exercises, bingo, movies, Bible study, tours and local area visits, etc.). To receive an application form and arrange for a tour, please call Donna at 819-842-2164 ext. 21 or visit www.mcrh.ca

095 Career Training

LEARN FROM HOME. Earn from home. Huge is a demand for Medical Transcriptionists. Start your online learning today with CanScribe Career College. www.canscribe.com 1-800-466-1535 info@canscribe.com

100 Job Opportunities

LOOKING FOR MOTORISED carrier in Lac Brome area. Delivery of papers (The Record, La Voix de l'Est, La Presse, The Gazette) between 2 a.m. and 7 a.m., Monday to Saturday. Contact: Renauld Lessard, 450-375-4555, ext. 527.

100 Job Opportunities

URGENT

THE RECORD

is looking for carriers in **Lennoxville** for the following routes:

Rte. 163 - Charlotte, John Wilson, Queen & Warren Streets (22)

If interested in one of these routes, please call

THE RECORD

819-569-9528

between 8:30 a.m. to 4:30 p.m. or leave a message after hours or e-mail: billing@sherbrookerecord.com

100 Job Opportunities

THE RECORD

is looking for carriers in **Ayer's Cliff** for the following routes:

376: Amy Lane, Brown's Hill, Clough, Main, Sanborn (27)

380: Maple, Ripplecove, Rosedale, Round Bay, Scott, Strathcona, Tyler, Westmount (27)

If interested in one of these routes, please call

THE RECORD

819-569-9528

between 8:30 a.m. to 4:30 p.m. or leave a message after hours or e-mail: billing@sherbrookerecord.com

145 Miscellaneous Services

LENNOXVILLE PLUMBING. Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.

190 Cars For Sale

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com

290 Articles For Sale

STEEL BUILDINGS / Metal Buildings 60% off! 20x28, 30x40, 40x62, 45x90, 50x120, 60x150, 80x100, sell for balance owed! Call 1-800-457-2206, www.crown-steelbuildings.ca

100 Job Opportunities

URGENT

THE RECORD

is looking for carriers in **Lennoxville** for the following routes:

Rte. 163 - Charlotte, John Wilson, Queen & Warren Streets (22)

If interested in one of these routes, please call

THE RECORD

819-569-9528

between 8:30 a.m. to 4:30 p.m. or leave a message after hours or e-mail: billing@sherbrookerecord.com

100 Job Opportunities

THE RECORD

is looking for carriers in **Ayer's Cliff** for the following routes:

376: Amy Lane, Brown's Hill, Clough, Main, Sanborn (27)

380: Maple, Ripplecove, Rosedale, Round Bay, Scott, Strathcona, Tyler, Westmount (27)

If interested in one of these routes, please call

THE RECORD

819-569-9528

between 8:30 a.m. to 4:30 p.m. or leave a message after hours or e-mail: billing@sherbrookerecord.com

290 Articles For Sale



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

294 Events

CLASSIFIEDS ONLINE!
www.sherbrookerecord.com

330 Pets



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

425 Bus. Opportunities

SAWMILLS FROM ONLY \$4897. Make money and save money with your own bandmill - cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/4000T. 1-800-566-6899 ext: 4000T.

430 Personal

TRUE PSYCHICS! For answers call now, 24/7, toll free 1-877-342-3032, mobile #4486, www.truepsychics.ca.

440 Miscellaneous

CRIMINAL RECORD? Don't let your past limit your career plans! Since 1989. Confidential, fast, affordable. A+ BBB rating. Employment and travel freedom. Call for free info booklet. 1-866-972-7366. www.RemoveYourRecord.com

CRIMINAL RECORD? Don't let your past limit your career plans! Since 1989. Confidential, fast, affordable. A+ BBB rating. Employment and travel freedom. Call for free info booklet. 1-866-972-7366. www.RemoveYourRecord.com

Classifieds
(819) 569-9525
(450) 242-1188

Do you have

CASH

in your attic?

Turn those unwanted items into cash. Sell them in the Classifieds! They may be just the thing someone else is looking for.

THE RECORD 819-569-9525
450-242-1188

E-mail your social news to classad@sherbrookerecord.com

RATES
25¢ per word
Minimum charge \$6.50 per day Mon. to Thurs., \$7.50 on Fridays, for 20 words or less.
Discounts for prepaid consecutive insertions without copy change
3 to 20 insertions - less 10%
21 insertions - less 20%
#84 Found - 3 consecutive days - no charge
Use of "Record Box" for replies is \$5.00 per week.
We accept Visa & MasterCard
DEADLINE: 12:30 p.m. working day previous to publication.
Classified ads must be prepaid.

Thank You For Checking
Please look over your ad the first day it appears making sure it reads as you requested, as The Record cannot be responsible for more than one insertion.

Nifty 50

I knew the day would get here
When I'd be able to say
Ha! You're fifty
Now wa da ya say
Sweet Darling Donna
Have a Happy Day
819-826-2069
Call and wish her
Happy day
From R, M, J, T, T, S and Me

Want your ad to stand out?
For .50 a word - bold it.

SUDOKU

Difficulty: 4 (of 5)

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

1-8-14 ©2014 JFS/KF DIST. BY UNIVERSAL UCLICK FOR UFS

PREVIOUS SOLUTION

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

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

Your Birthday

WEDNESDAY, JANUARY 8, 2014

The time has come to make decisions and act on them. Don't be confused by what others do. You have to choose what works best for you and move forward. Simplicity and precision will make the difference when it comes to finding your comfort zone and, with it, success.

CAPRICORN (Dec. 22-Jan. 19) — Don't let your emotions lead you astray. Do your share at home and contribute to projects that need to be finished. Staying busy will help you keep the peace and avoid criticism.

AQUARIUS (Jan. 20-Feb. 19) — Listen to advice being offered, but make choices based on what's best for you. Not everyone will understand what will make you feel happy and accomplished.

PISCES (Feb. 20-March 20) — Consider ways to make your bank account grow. Offering a service or investing in something that will help you expand your marketable interests can pay off. Love is in the stars.

ARIES (March 21-April 19) — Don't wait until you are forced to make a change. Stay on top of every situation you face. Preparation and organization will help you bypass trouble.

TAURUS (April 20-May 20) — You've got insight, knowledge, expertise and determination, so don't let anything stand between you and your goal. A promise will add security to an important relationship.

GEMINI (May 21-June 20) — Ask questions, do your research and focus on in-

novation when it comes to finding solutions. Keep life simple by being honest about who you are and what you have to offer.

CANCER (June 21-July 22) — Your emotional commitments and your desire to get ahead financially will keep you busy today. Don't lose sight of what's important, and be sure to nurture the relationships that count most.

LEO (July 23-Aug. 22) — Your heart is in the right place, but not everyone will agree with your actions. It would be best to keep a low profile and work quietly until you finish what you start.

VIRGO (Aug. 23-Sept. 22) — Sign up for something that you think you might enjoy. Spending time with the younger or older people in your life will help you see your situation from a different perspective.

LIBRA (Sept. 23-Oct. 23) — You will face trouble at home due to stubborn or demanding people. Work on projects that can help alter areas of your life that you find difficult or stressful.

SCORPIO (Oct. 24-Nov. 22) — Share your thoughts and engage in functions that will bring you in contact with creative free-thinkers. It's a good day to make unusual lifestyle changes that will improve your emotional well-being.

SAGITTARIUS (Nov. 23-Dec. 21) — Prepare to make a change, but before you do, make sure you have everything in place. Preparation and execution will determine how far you will go and how successful you will be.

WEDNESDAY, JANUARY 8, 2014

A deal that was overlooked

by Phillip Alder

It is inevitable that a meritorious deal or two will be missed by the person choosing the short lists for the annual International Bridge Press Association awards.

If this deal had been on the defense list, it might well have won.

It occurred during the Italian Club Championship in September 2012 (which was too late for the 2012 awards). Sitting West was Agustin Madala, one of the world's most talented players, who was born in Argentina but represents Italy. It was originally reported by Ana Roth from Argentina.

In the auction, I am not sure about North's double, which would usually be negative showing length in both minors.

Defending against four hearts, Madala led the spade jack, Rusinow, promising the queen. South won with dummy's ace and would have done best to start trumps, but he played a club to his ace.

West saw that if he were on lead, he would sacrifice a trick with whatever he led. So he discarded a spade.

Declarer cashed his top heart. West, still not wanting the lead, threw his king under the ace.

South now led a low heart. West continued his brilliant work by playing low. East, Norberto Bocchi, won with his jack

North 01-08-14			
♠ A K 10 5			
♥ 10 9 4			
♦ 10 8			
♣ K 7 4 2			
West			East
♠ Q J 9 8 7 3			♠ 6 2
♥ K Q 6			♥ J 8
♦ A 9 7 6			♦ Q J 4 2
♣ --			♣ J 8 6 5 3
South			
♠ 4			
♥ A 7 5 3 2			
♦ K 5 3			
♣ A Q 10 9			
Dealer: East			
Vulnerable: Neither			
South	West	North	East
1 ♥	1 ♠	Dbl.	Pass
2 ♣	2 ♠	4 ♥	All pass
Opening lead: ♠ J			

and shifted to the diamond queen. Declarer could have escaped for down one by playing low on this trick and on East's diamond-jack continuation. But in desperation, he covered the queen. West won with his ace, cashed the heart queen, and continued diamonds. The defenders took two hearts and three diamonds for down two.

CROSSWORD

- Across**
- 1 __-loading: endurance strategy
 - 5 Chance
 - 9 Shocking weapon
 - 14 Worker protection org.
 - 15 Singer from County Donegal
 - 16 Sky hue
 - 17 *Marlin, for one
 - 19 Prepare to make an electronic payment, say
 - 20 Halves of fifths
 - 21 Breaking wave feature
 - 23 Drink for a hot day
 - 24 Nasty expression
 - 25 *Source of endless funds
 - 27 "You're dreaming"
 - 29 Hate
 - 30 *Common Milky Way star
 - 34 Gallery baddies
 - 37 Yoko of Tokyo

- 38 Rodeo rope
- 40 __-cone
- 41 Mount McKinley's national park
- 44 *Billiards maneuver
- 47 Where the floor is always wet
- 49 Banking regulatory agcy.
- 50 *Part of a uniform
- 53 Latish wake-up time
- 57 Curve
- 58 "Woe __!"
- 59 "Gracias" reply
- 60 Spanish American grassland
- 62 Family relations, and what the first words of the answers to starred clues can have
- 64 Frequent Mastroianni co-star
- 65 Edger's target
- 66 Spacewalks, for short
- 67 Range with chinchillas
- 68 Former partners

- 69 Take out
- triarch
- 26 Dress to the nines, with "up"
- 28 Shunned ones
- 30 "Maggie May" singer Stewart
- 31 Cincinnati-to-NYC direction
- 32 *What a driver's license may serve as
- 33 "Swell!"
- 35 Eclectic musician Brian
- 36 Lush
- 39 First president to throw a ceremonial opening day pitch
- 42 Cry from Cathy of comics
- 43 Skin wounds
- 45 Passed, as rubber checks

- 46 Like aromatherapy products
- 48 Quick and light
- 50 Half a Northwest city
- 51 Sock synthetic
- 52 Take a load off
- 54 Credulous
- 55 Words after cut or close
- 56 Pool stroke
- 59 Mafia bigwigs
- 61 Maiden name intro
- 63 Have to thank (for)

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

- Down**
- 1 Profit factors
 - 2 Rockies skiing destination
 - 3 Avignon's river
 - 4 Work at a saloon
 - 5 They may cry foul
 - 6 Pasta ending
 - 7 Big name in food distribution
 - 8 Aloha State big shot
 - 9 "There's the fox!"
 - 10 Nitrogenous dye
 - 11 *Chocolate overdose consequence
 - 12 Undermine
 - 13 Actress Zellweger
 - 18 Lose on purpose
 - 22 Give a new commercial name to
 - 25 Mademoiselle's ma-

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			62		63					
64								65				66			
67								68					69		

You need to be assertive

Annie's Mailbox

WEDNESDAY, JANUARY 8, 2014

Dear Annie: I'm an identical twin and will be turning 56 in February, but my sister behaves more like my daughter than my sister.

Annie, I'm sick of it! My twin sister turned her back on me in believing ridiculous lies told by my youngest brother. Several years later, she showed up out of the blue needing a place to live, knowing "Old Sis" would take her in. She lived with me for eight years until she got a job transfer. She still calls wanting money. I've learned how to make excuses, but I want it to stop.

I need help being upfront with this mooch of a sister, but I've never confronted anyone before in my entire life. Any advice? — Sister of a Mooch

Dear Sister: You don't need to be confrontational. You need to be assertive. Your sister takes advantage of you because you permit it. The easiest way to stop permitting it is to learn to say no. So when she asks for money, tell her, "I'm sorry, but not this time." If she asks why not, reply, "I have loaned you enough." Practice saying it in front of a mirror until it comes naturally. Write it down on a piece of paper and tape it next to your phone so it is on hand when she calls. You are under no obligation to give her excuses, evasions or explanations. Be polite, but just say no.

Dear Annie: I have been widowed for 19 years and belong to a support group of women who go out to lunch once a month.

Before I married my late husband, I was an independent businesswoman, cared for an elderly parent, paid my own bills, pumped my own gas, bought my own cars, etc. I was surprised to learn how few of the women in my group know how to do any of these things. They have no clue what their family finances are. One of them had to learn how to drive when her husband died.

Please, please, please tell wives (and husbands) to take responsibility for themselves while their spouses are still living and learn what their financial obligations are, when their bills are due, how to pump gas and all the other things you will need to know in order to be independent. It is hard enough to transition from married life to widowhood without having to learn basic life skills at the same time. — Been There, Knew How To Do That in Kentucky

Dear Kentucky: Thank you for the knock on the head. Along with financial matters and pumping gas, both men and women should know how to cook a simple meal, sew on a button, iron a shirt, load the dishwasher and do the laundry. These are skills that everyone needs, and it is shortsighted to assume that someone else will handle them for you for the rest of your life.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column.

PUBLIC NOTICE

CITY OF SHERBROOKE

TO ALL INDIVIDUALS WITH THE RIGHT TO DEMAND THAT A REFERENDUM POLL BE HELD SECOND DRAFT BY-LAW NO. 970 AMENDING BY-LAW NO. 648-97, THE ZONING BY-LAW OF THE FORMER TOWN OF LENNOXVILLE ADOPTED DECEMBER 16, 2013 BOROUGH OF LENNOXVILLE

Following the public consultation meeting held December 9, 2013 on draft by-law no. 970, amending by-law no. 648-97, the zoning by-law of the former Town of Lennoxville, the Municipal Council, on December 16, 2013, adopted a second draft by-law number 970.

This second draft contains provisions that may be the subject of an application on the part of interested persons from the zones affected and the contiguous zones in order that the by-law containing them be submitted for their approval in accordance with the *Act Respecting Elections and Referendums in Municipalities*.

1 - SUBJECT OF THE SECOND DRAFT BY-LAW

An application relative to the provision in paragraph a) of article 1, with the goal of expanding residential zone Ra-34 from parts of residential zones Ra-35 and Rb-11 and parts of commercial zones Cb-6 and Cc-4, may come from Zones Ra-34, Ra-35, Rb-11, Cb-6 and Cc-4 and those contiguous zones.

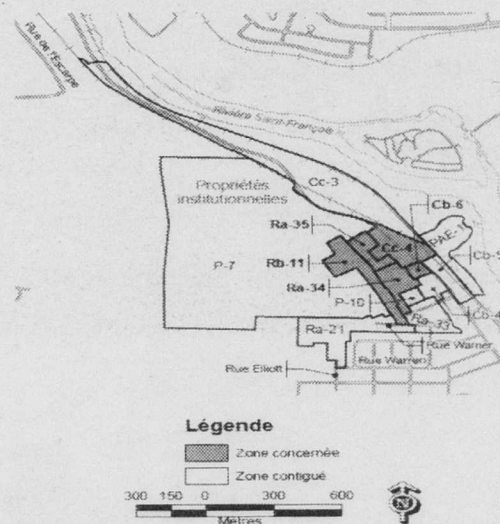
An application relative to the provision in paragraph b) of article 1, with the goal of expanding residential zone Rb-11 from part of residential zone Ra-34 may come from Zones Ra-34 and Rb-11 and those contiguous zones.

An application relative to the provision in article 3, with the goal of repealing the maximum front setback distance prescribed for residential zone Ra-34, may come from Zone Ra-34 and those contiguous zones.

The aim of such an application is that the provisions foreseen in this by-law be submitted for approval by qualified voters from the zones to which it applies and from those from any zone contiguous to that from which a valid application regarding the provision originates.

2- ZONES CONCERNED

The second draft-by-law applies to Zones Ra-34, Ra-35, Rb-11, Cb-6 and Cc-4 and those contiguous zones, which are illustrated on the diagram below.



3 - CONDITIONS FOR VALIDITY OF AN APPLICATION

To be valid, each application must:

- clearly indicate the provision to which the application applies and the zone from which it originates and if applicable, mention the zone with respect to which the application is being made;
- be received at the clerk's office at 191 Du Palais, P.O. Box 610, Sherbrooke, Quebec, J1H 5H9, no later than **January 16, 2014**;
- be signed by at least twelve (12) interested persons from the zone in which it originates or by at least the majority of them if the number of interested persons in the zone does not exceed twenty-one (21).

Forms are available from the clerk's office.

4 - CONDITIONS FOR BEING QUALIFIED AS AN INTERESTED PERSON

An interested person is:

A) Any person not disqualified from voting according to Article 524 of the *Act Respecting Elections and Referendums in Municipalities* and who meets the following requirements on the day **the second draft was adopted, namely December 16, 2013**:

- is a natural person domiciled in a zone from which an application may originate;
- have been domiciled in Quebec for at least (6) months; or

B) Any non-resident sole owner of an immovable or non-resident sole occupant of a business establishment not disqualified from voting according to Article 524 of the *Act Respecting Elections and Referendums in Municipalities*, who has submitted or who submits at the same time as the application a signed writing by the owner or the occupant, as the case may be, requesting entry on the referendum list, and who meets the following requirement **the day the second draft was adopted, namely December 16, 2013**:

- has been the sole owner of an immovable or sole occupant of a business establishment in a zone from which an application may originate for at least twelve (12) months;

C) Any non-resident undivided co-owner of an immovable or non-resident co-occupant of a business establishment not disqualified from voting according to Article 524 of the *Act Respecting Elections and Referendums in Municipalities* and who meets the following requirements:

- has been, **the day the second draft was adopted, namely December 16, 2013** an undivided co-owner of an immovable or undivided co-occupant of a business establishment in a zone from which an application may originate for at least twelve (12) months;
- has been designated, by means of a power of attorney signed by the majority of the people who have been co-owners or co-occupants, as the case may be, for at least twelve (12) months, as the person who has the right to sign the application in their name and to have their name entered on the referendum list. This power of attorney must have been submitted prior to or at the same time as the application.

Power of attorney forms are available from the clerk's office.

A natural person must be of full age, a Canadian citizen and not under curatorship.

A legal person must:

- have designated, by resolution, from among its members, administrators and employees, a person who, on **the day the second draft was adopted, namely December 16, 2013** and who upon exercising this right is of full age, a Canadian citizen and not under curatorship and not be disqualified from voting under the law;
- have submitted prior to or at the same time as the application, as the case may be, a resolution designating the person authorized to sign the application and authorizing that person to be entered on the referendum list.

Resolution forms are available from the clerk's office.

Except for the case of a person designated to represent a legal person, no one may be considered an interested person in more than one capacity, as per Article 531 of the *Act Respecting Elections and Referendums in Municipalities*.

5 - ABSENCE OF APPLICATIONS

Any provision of the second draft that will not be the object of any valid application may be included in a by-law that is not required to be approved by qualified voters.

6 - CONSULTATION OF THE SECOND DRAFT BY-LAW

The second draft by-law is available for consultation at the clerk's office located at 191 Du Palais, Sherbrooke or at the Borough of Lennoxville office located at 150 Queen, Sherbrooke during regular office hours.

GIVEN IN SHERBROOKE, this 8th day of January 2014.

Line Chabot
Assistant Clerk

