

Additional testing options available for parents

By Gordon Lambie

Following the announcement last week that take-home Covid tests will be available starting Monday at the daycare centres across the province, the regional healthcare administration for the Eastern Townships, the CIUSSS de l'Estrie CHUS highlighted that additional options are now also available at elementary schools in the region, including rapid testing that can be carried out by school staff, spit tests and, in a small pilot project, take-home tests at certain schools. These new screening options are meant to help quickly identify children infected with COVID-19 and slow the spread of the virus in child care settings and schools. The CIUSSS announced increased access to ambulance services in the Coaticook, Granit, and des Sources territories in light of the fact that the local emergency services in these areas have been reduced in recent months. An update is expected Monday on how the province will be responding to the arrival of the Omicron variant and what Covid restrictions may be in place over the holiday period. On Friday Canada's Council of Chief Medical Officers of Health (CCMOH) shared an update to the recommendations around COVID-19 booster shots, stating that adults 50 years of age or older; adults living in long-term care homes for seniors; adults in or from First Nations, Inuit or Métis communities; recipients of a viral vector vaccine series completed with only viral vector vaccines

CONT'D ON PAGE 3

Natural trees in high demand this holiday season



STEPHANIE MCCULLY

Picking out the perfect tree is an annual tradition for Charlotte McCully, who stopped by Downey Tree Farm on the weekend.

By Michael Boriero

The demand for natural Christmas trees in Quebec has soared in the past few years, benefitting local producers, but the market supply is limited, with a nagging shortage and as the province exports most of its product down south.

Downey Tree Farm and Nursery co-

owner Jimmy Downey told The Record that he was fielding phone calls for Christmas trees before Halloween. The demand is higher than normal, he said, and people are travelling from all over Quebec to get one of his trees in North Hatley.

"The tree symbolizes hope and during a pandemic people are looking for hope. It symbolizes family reunion

and maybe pre-pandemic times and a lot of young families are going back to the natural tree and people like to have that natural tree inside their house," Downey explained.

Downey, who is also listed as one of the Quebec directors for the Canadian Christmas Trees Association (CCTA), said the province exports

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Weather



TODAY:
RAIN

HIGH OF 8
LOW OF -5



TUESDAY:
A MIX OF SUN
AND CLOUDS

HIGH OF -5
LOW OF -10



WEDNESDAY:
MAINLY CLOUDY

HIGH OF -4
LOW OF -10



THURSDAY:
A MIX OF SUN
AND CLOUDS

HIGH OF -1
LOW OF -5



FRIDAY:
LIGHT SNOW

HIGH OF 4
LOW OF 0

Going Across the Border? Know the rules



COURTESY

By Dian Cohen

Some friends we'll call Henry and Georgina decide to go to Plattsburg, New York for the first time since March 2020. They have in hand all the papers they need since the PCR test was scrapped on November 30 – their passports and their proof of vaccination.

No problem getting across, lots of signs saying, "Welcome Back to the US".

They do their shopping, pick up a package that had been waiting for 8 months and proceed home.

Get to the border.

Canadian border officer: Have you registered your trip on ARRIVECAN?

Henry: Here are my papers – proof of double vaccinations, etc.

Canadian Border officer: Not good enough. You have two choices: you can go home and quarantine for 14 days or you can turn around, go back to the US and register your trip on the ARRIVECAN App.

They choose Door #2. They turn around and head back to the American border.

US Border officer: Hi, where are you coming from? Where are you going? Bringing anything into the country?

Henry: We've just been in Plattsburg shopping and we were on our way home when the Canadian Border officer said we need to register the trip on ARRIVECAN.

US Border officer: Oh yeah, that's happening a lot. Go over to McDonalds so you can download the app and fill it in.

Henry: OK, thanks.

But as soon as they order a coffee and sit down, an employee apologetically tells them they can't stay because of the high number of COVID cases. Back in their car, they try to download the app. Rural New York's connectivity is not a lot better than rural Quebec's. It takes a half hour of driving around trying to find wi-fi good enough to download the app. Finally, success times two. Downloaded and completed. Back toward home.

Henry: Hello, Officer. Do you need our ARRIVECAN receipt?

Canadian Border Officer: No, it's already in my computer. Very good. Oh, and your wife has just been tagged randomly to do a PCR test at home – here's the Dynacare kit with instructions.

The following day, Georgina goes online to watch the You Tube video about how to do the test. She washes her hands, as instructed, and opens the kit. It contains 1 swab, 1 test tube with liquid in it, 1 bio bag, 1 return bag for Purolator, and a page of instructions. She goes online and completes the information required on the Dynacare COVID-19 Border Testing Portal website – all password protected. As soon as she finishes and clicks OK, a virtual appointment is

set up for 10 minutes later – "stay on your screen, a Dynacare healthcare worker will be with you shortly."

Dynacare worker: Hello. Show me your photo ID – your passport please?

Once Georgina's identity is confirmed, the Dynacare worker goes through the entire procedure, asking Georgina to hold up each component of the kit.

Then with her face screen-centre, Georgina sticks the swab 2 centimeters up each nostril in turn, puts the swab into the tube with the liquid, puts the tube into the bio bag and back into the now empty kit box. the Dynacare worker asks to see the PIN number on the Purolator bag and schedules a Purolator pick up for the next day. She tells Georgina to store the kit box in the fridge, and the next morning, to put it outside for pick-up.

Georgina will get an email in 3 days telling her to go back online to see her results.

Three takeaways.

- Going across the border is not what it used to be.
- The Canadian border officer has the discretion of letting you go back to the US to complete the ARRIVECAN app. He doesn't have to – he can just tell you to go home and quarantine for 14 days.
- Check the rules before you go – they can change in the blink of an eye.

Ben by Daniel Shelton



Local News

But while more people turn to natural trees, wholesalers, tree lots, and big box stores need to get their hands on more trees, and it's going to take some time.

Intercultural Christmas returns

By Gordon Lambie

to bring together people from a wide variety of cultural backgrounds and age groups for an evening of exchange and celebration that included live music, updates about some of Actions Interculturelles' recent activities, and a visit from Santa Claus.

The event is just one of a couple of different events the organization has planned in the lead-up to the holiday season. Also on the list is a distribution of small Christmas trees to local immigrant families this coming Thursday, Dec. 9, from 4 p.m. to 7 p.m.

Local cultural diversity organization Actions Interculturelles returned to its annual tradition of hosting an "intercultural Christmas" party at Sherbrooke's École Internationale du Phare on Friday evening. Whereas the gathering has traditionally involved a turkey and couscous supper, this year's pandemic-adjusted version offered finger foods and assigned seating. Despite the public health measures in place, however, the event still managed



GORDON LAMBIE

Santa parade report

By Nick Fonda

Richmond—Richmond's first nighttime Santa Parade on Saturday drew 2000 or more spectators who lined parts of the parade route to watch some 50 vehicles including trucks, tractors, wagons,

a grader, and at least two electric cars all with varying degrees of festive illumination. Santa returned to Richmond's René Thibault Park on Sunday morning to hand out gifts to more than 100 youngsters, all with their parents in tow.



NICK FONDA

Covid

CONT'D FROM PAGE 1

(such as the AstraZeneca vaccine); and adult frontline health care workers (having direct close physical contact with patients) should all be offered booster shots six months after their second dose. At this point in time the Quebec government is only offering boosters to those aged 70 and older, and those who received two doses

of AstraZeneca. The province of Quebec reported 4,123 new cases over the weekend, bringing the total number of people infected since the start of the pandemic to 454,636. There were four new deaths recorded over that same period. The number of people in hospital due to the virus was 219 on Sunday with 59 in intensive care, representing a slight decrease in hospitalizations but an increase in the number of people in

the ICU from where things stood last Thursday. As of Friday's report from the Eastern Townships there were 1,330 active cases in the region, with 311 new cases having been reported over Wednesday and Thursday of last week. Those cases continued to be most concentrated in Sherbrooke, Des Sources, Memphremagog, and Granit, with the highest rates of transmission being in Des Sources, Granit, Coaticook, and

Memphremagog. There were 16 hospitalizations in the region as of Friday's update, six of which were in intensive care. As of Sunday 124,602 young people aged 5 to 11 had received a first dose of the vaccine against COVID-19 and 136,856 were awaiting their appointment. Friday's update from the Eastern Townships put local coverage for that age group at 16.6 per cent overall for a first dose.

Christmas Trees

CONT'D FROM PAGE 1

between 80 and 90 per cent of its tree supply, and it is mostly sent to the United States, specifically the state of New York.

"Here in Quebec, in Estrie, where I am, where my farm is, we're like the capital of Canada in Christmas tree production because we're near the border of the U.S., so it's easy for us to export," said Downey. He cut 15,000 trees this year for wholesale and local purchases.

The trees are more in demand, but there are less available right now, he continued. He chopped down 15 acres worth of Christmas trees, but, according to Downey, it's only about 50 per cent of what he normally produced for wholesale prior to the North American shortage.

"We have seen this tree shortage

for maybe three, four years now, we're maybe in the fifth year where it's getting worse and worse, but I think this might be the slowest year in terms of available inventory, but on the other side the demand has also increased," said Downey.

However, he admits that it has been a relatively fruitful start to the season. He had customers on the first weekend of the farm's 'choose and cut' program. The market has been squeezed due to the shortage, but it hasn't necessarily hurt his profit margin.

"The rarity of the tree has caused a price increase, so we are able to make that up but on the other side, the individual sales to people is on the rise so we are able to compensate there, and the American dollar is also good in the exportation, so our market is definitely healthy," he said.

Stéphan Perreault, owner of the

Plantations Stéphan Perreault in Val-Joli, said that while there is a province-wide tree shortage, this year could be special for his modest farm. According to Perreault, he has already sold double what he did at the same point in 2020.

Perreault is a former vice-president for the CCTA. He told The Record that the tree shortage was predicted more than a decade ago. During the Great Recession in the late 2000s, a lot of farms in the United States went bankrupt, he explained, and less trees were being planted.

"We knew it was going to happen because if nobody plants today, in 10 years, we're going to be out of trees, so that's one factor. Another factor in the states, also, they went through a lot of warm weather and dry spells, so they had problems with the plantations," said Perreault.

It takes roughly 13 years for a Christmas tree to be considered fully grown. In 2010, on the heels of recession recovery, Perreault said the CCTA kicked off a campaign to promote natural trees, since many people had shifted to artificial products, and it's starting to pay off.

But while more people turn to natural trees, wholesalers, tree lots, and big box stores need to get their hands on more trees, and it's going to take some time. He isn't concerned about his farm, though, he downsized four years ago and focuses solely on local sales now.

"It's going to be like this for a couple years. Christmas trees are a cycle, you know, it's good, it's medium, it's good, it's medium. It's like the pork or beef industry. When it's good there's a lot of people planting, and when it's bad they stop planting," said Perreault.

The Eastern Townships tartan

By Taylor McClure
Special to The Record

pride while also highlighting the contributions of Scottish settlers to the development of region. Texts drawn from The Record's archives describe the tartan as a "dream come true" for Allan.

The design has five colors that reflect the characteristics of the region's countryside. There are red lines for the autumn leaves, yellow lines for the buttercups and dandelions in the summer, squares of dark brown to represent the soil, dark green for the evergreens, and white for the region's snowfalls.

Wallace, who was active in the Quebec Women's Institute, made the first samples for Allan's design before it needed to be approved by the regional councils. She was an experienced weaver that took extensive classes to perfect her craft. She was also a member of the Ontario Hand Weaver and Spinners and a representative for the Guild of Canadian Weavers.

After being approved at the regional level, the Townships tartan was patented and registered in Ottawa in 1968. In 1974, at the recommendation of Isabel MacAulay of Nova Scotia; a Canadian authority on tartans, Allan travelled all the

way to Scotland to have the pattern officially recognized by Lord Lyon King of Arms, heraldic officer for the country in charge of keeping track of all tartans.

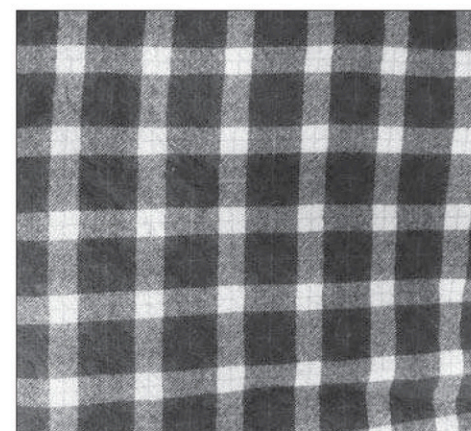
It was also sent to the Megantic county council and the Historical Society of the Eastern Townships to be approved, before manufacturing could begin.

Allan had high hopes for the tartan, but was left disappointed when he started to provide samples to people in the area without much recognition for his hard work.

Then Townshippers' Association came along. Townshippers' was founded in 1979 and the group immediately approached Allan to receive his permission to use the tartan design as its official symbol. It remained the association's symbol for many years, but seems to no longer be in active use.

The Eastern Townships tartan also has links to the United Empire Loyalists Association of Canada and descendants of Loyalists that settled in the area.

Today, whether in the form of a kilt or a scarf, the Townships tartan is proudly worn and remembered by Townshippers across the region.



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It's not a "mistake"

12 DAYS OF ACTION TO
END GENDER-BASED
VIOLENCE

Nov. 25th - Dec. 6th 2021



#LETSENDFEMICIDE

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819-564-6626

Each year the Lennoxville and District Women's Centre takes part in the 12 DAYS OF ACTION TO END GENDER-BASED VIOLENCE. Between Nov. 25 and Dec. 6, The Record will be publishing an article in each issue to raise awareness and shine a light on this critical social problem.

These facts paint a simple story. **Male perpetrators know the woman they will sexually assault, are waiting for a moment to assault, and this moment will likely involve alcohol or drugs.** Essentially, the perpetrator was waiting to engineer a situation where they could assault. Since they can access the victim through their acquaintance relationship, they can wait for the right "moment." This is why, factually, it doesn't matter what the victims were wearing, whether they were drinking or where the sexual assaults occurred. People who ask questions like "what was she wearing," "was she drinking," and "why was he at her house" display a profound ignorance of the facts of sexual assault.

Media often normalizes the premeditation of sexual assault through college-set movies using alcohol to "loosen a girl up" or implying sexual acts on individuals unable to consent. Perpetrators leverage this normalization to hide in plain sight - they purposefully cloak themselves ambiguously to be "boys who made a mistake." However, the data is startlingly clear. Male perpetrators in college plan their sexual assaults,

and they will repeatedly rape women throughout their academic careers.

Sexual assaults on college campuses are crimes of repetition. On college campuses, 4-16% of men are rapists [2, 3, 4]. Given the limited dataset of men who rape on college campuses, only three studies had the power to critically examine repeat rapists [2, 5, 6]. According to an analysis done by Harvard Professor Dr. Jim Hooper, utilizing data from Swartout et al., [7, 5]:

61% of all rapists for pre-college (from age 14) are repeat rapists (averaging 4.6 rapes)

69% for the freshman year are repeat rapists (averaging 4.5 rapes/year)

71% for the sophomore year are repeat rapists (averaging 4.3 rapes/year)

88% for the junior year are repeat rapists (averaging 5.2 rapes/year)

Dr. Hooper further examined the data of Lisak and Miller and McWhorter et al., where repeat rapists are 63% and 71% of rapists, respectively, and the average number of rapes they report committing is around six (5.8 and 6.4) [2, 6]. Over 90% of all rapes committed were done by repeat rapists in these two studies. As such, **research suggests that about 2/3 of college rapists are repeat offenders, who account for the majority of rapes (over 90%) [7].**

The lie is that sexual assault was a mistake. The truth is that sexual assault is a planned crime on college campuses, which perpetrators will frequently repeat. These perpetrators are a severe threat to the safety of the community.

What does this mean? When we fail to punish sexual assaulters, we have made an active decision to endanger the women of our community. It is not a boy who was "warned"; it is a man who

will likely go on to assault again. Every time we don't punish a perpetrator, we fail the assaulted woman, and the women that perpetrator will go on to assault. **It means, when we fail to punish a perpetrator, we fail our entire community.**

Jasmeen Sidhu

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Quebec introduces GPS bracelet pilot project for domestic violence offenders

By Michael Boriero

have shaken us all over the past few months. We have the power and the duty to reject this violence, collectively and individually," said Guilbault, adding that this is a step towards reducing the risk of repeat offenders.

Sherbrooke has mobilized several times in the past year due to a surge in domestic violence cases across the province. There have already been 18 feminicides committed in 2021, which has spurred on a rallying cry for change from organizations and women's shelters.

Quebec plans to deploy its first bracelets in Quebec City next spring. They will be given to defendants tried at the Quebec City Courthouse and detainees at the Quebec City Detention Center. However, one organization in Cookshire-Eaton remains unconvinced.

Angelika Homere, a mobilization coordinator at the Centre des femmes du Haut-Saint-François La Passerelle, a women's intervention and learning

centre, told The Record that while a bracelet may act as a deterrent, offenders will always find a way back into a victim's life.

"They're trying to gain control," Homere explained in a phone interview. "They always want to be in control and I don't think the bracelet will necessarily stop them. The bracelet can prevent some issues, but I don't think it's going to solve the problem."

While she applauds the initiative, Homere has her doubts about the effectiveness of the bracelets. Will the police be able to quickly respond should an offender approach a victim, she asked, adding that offenders don't need much time to attack a victim.

Although this is an interesting solution to the domestic violence problem in Quebec, Homere believes the real issue is with the justice system. It's a patriarchal system, she said, and it often releases offenders without any

sentence. The answer, she added, is more jail time.

There are also some holes to fill in, according to Homere. She wonders whether offenders will need to be wearing the bracelet for 24 hours a day, seven days a week. Will they shower, shop, and go to work with it, Homere asked, concluding that it won't be effective otherwise.

She is willing to wait and see how effective the project will be at deterring domestic violence. But, Homere noted, when an offender wants to reach their goal, there isn't much stopping them. And with today's technology, she worries offenders will tamper with the bracelets.

"I'm being skeptical because with technology nowadays it's very easy to crack the system and then, for example, if the victim is not at the home, the thing is when you have your ex-wife, or ex-girlfriend, you know everywhere that person used to go," said Homere.

The Quebec government has launched a study into the viability of introducing GPS bracelets for domestic violence offenders as a tool to notify victims, and police officers, if they are in close proximity to each other.

Deputy Premier, and Public Security Minister, Geneviève Guilbault made the announcement last week. According to a press release, the project will take place over two years. The bracelet works by using geolocation, and it consists of two parts.

There is a bracelet worn by the offender and a separate device given to the victim. When an offender gets too close to the device, an alert signal is sent to the police, who will then check in on the victim. The project will cost an estimated \$41 million over five years.

"Attacks on women and feminicides

EDITORIAL

[Churchill] touchingly describes wheeling the president around, "thinking of Sir Walter Raleigh spreading his cloak before Queen Elizabeth."

'Some chicken! Some neck!':

How the world changed in December 1941



PETER BLACK

In what has become a pandemic big book reading challenge, your scribe has assigned himself the mission of reading all six volumes of Winston Churchill's history of the Second World War.

Plowing through the third volume, *The Grand Alliance*, one can make a couple of observations. First, to paraphrase Churchill, war is indeed fought on the beaches, in the fields and in the hills; but it is also fought with memorandums, meetings and stenographers.

The volume of correspondence Churchill dictated during the course of the war is astounding, as is the mountain of material he had to digest from commanders, diplomats and foreign leaders. In the latter regard, Churchill's back-and-forth correspondence with United States president Franklin Roosevelt is truly fascinating reading.

Addressing himself to FDR as "Former Naval Person," Churchill beseeched the president for help as the Nazis reigned hell from the air on British cities, dockyards and factories in what is known as *The Blitz*. The Brits prepared themselves for what seemed to be an inevitable invasion of their island - called *Operation Sea Lion* - by the massive German military machine.

Another thing the reader might conclude mid-way through Volume 3, if he or she knew absolutely nothing about the final outcome, is that Merry Old England was bound to end up a Nazi vassal state as had France, Poland, The Netherlands, Czechoslovakia,

Yugoslavia, Greece and a score of other countries.

By mid-1941, the British war command, especially the Royal Air Force, had managed to fend off the worst of Nazi air bombardment, but was being worn down by what Churchill described as his greatest fear, the relentless attacks by German submarines prowling the Atlantic Ocean.

In the three months alone leading up to May 1941, Nazi U-boats sank 142 warships and cargo vessels loaded with vital materials, with, of course, a massive loss of human life.

Churchill, by the way, gives full credit to the Royal Canadian Navy for its role in providing convoys out of Halifax and St. John's, Newfoundland, to protect shipping from U-boat assault.

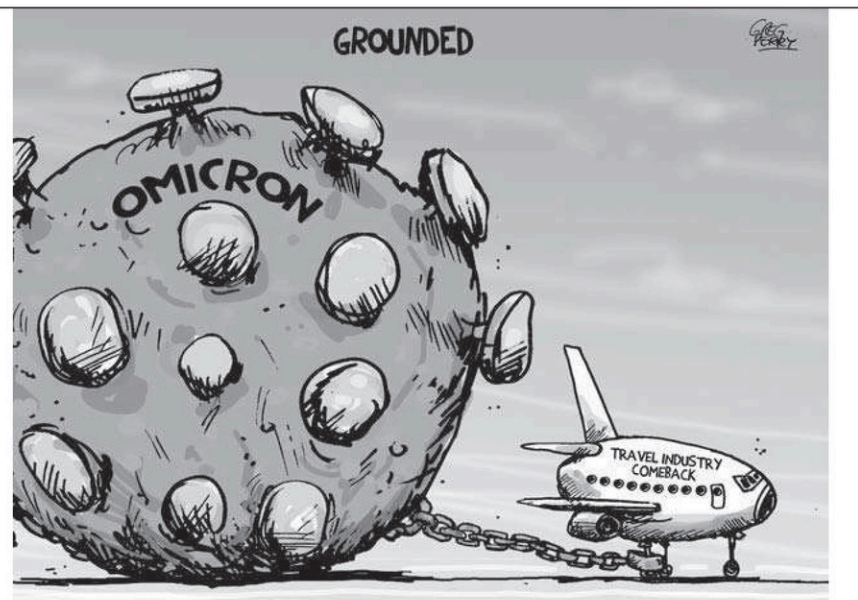
By May, with the Axis powers threatening to control the entire Mediterranean and Middle East, Churchill dropped much of the niceties in his letters to Roosevelt. "If all Europe, the greater part of Asia and Africa, became, either by conquest or agreement under duress, a part of the Axis system, a war maintained by the British Isles, United States, Canada and Australasia, against this mighty agglomeration would be a hard, long and bleak proposition.

"The one decisive counterweight," to this looming catastrophe, Churchill told Roosevelt, would be "if the United States were immediately to range itself with us as a belligerent Power."

As it turns out, the actions of hostile powers, not Churchill's pleading, finally compelled America to take up arms. Hitler launched his attack on the Soviet Union in June 1941, thereby opening an eastern front that inevitably weakened the western one and increased the hopes of success for a reconquest of Europe, through France and Italy, by the Allies.

Then, 80 years ago this week, Japan attacked the U.S. naval base at Pearl Harbour, Hawaii, and finally the wavering Americans were drawn into total war. "No American will think it wrong of me," Churchill writes, "if I proclaim that to have the United States at our side was to me the greatest joy."

Within two weeks, Churchill was



at the White House conferring with Roosevelt. He touchingly describes wheeling the president around, "thinking of Sir Walter Raleigh spreading his cloak before Queen Elizabeth." The two most powerful democratic leaders of the 20th century visited each other as they worked - "by need or habit" - in their respective bedrooms.

From Washington, Churchill travelled by night train to Ottawa, where, in a thundering speech to Parliament on Dec. 30, 1941, he delivered one of his most famous lines. Referring to the capitulating generals of the Vichy

government in France saying the Nazis would wring England's neck like a chicken in three weeks, Churchill growled: "Some chicken! Some neck!"

Churchill writes about the Ottawa speech: "Even while I spoke in confident tones, I could feel in anticipation the lashes which were soon to score our naked flesh ... Many dark and weary months of defeat and loss must be endured before the light would come again."

Much of which is documented - literally - in the remaining three volumes.

Letters

Remembering Theresa - Let's end femicide

Permit me to add a note to *The Record's* series based on the 'Lennoxville and District Women's Centre' campaign: "12 Days Of Action To End Gender-Based Violence." The series runs from Nov. 25 - Dec. 6, 2021.

I would like to link the piece: "Bish, who you foolin'?" by writer / podcaster John Allore on Dec. 1 with the Dec. 3 Letter to the Editor by Jenn Cianca, Professor at Bishop's University, who took issue with the article.

The professor writes that Allore's piece "...is actually a blatant display of his own misogyny." Not so.

In his piece, Allore mentions his sister, Theresa who was murdered over 40 years ago. Since then Allore has been on a fact-finding mission attempting to find out: "Who killed Theresa." Over the years, the *National Post* (NP), CTV, CBC and *Montreal Gazette* (Sept. 18, 2020) covered the story.

Quotes from the 3-part series in the NP on August 2002: "... his sister was found face-down - 'stripped down to her bra and panties' - in a creek in Quebec's Eastern Townships, dumped there like garbage by strangers who have never been caught, he cannot unearth the secret of her death."

I remember Theresa very well.

At the beginning of my teaching career, Theresa Allore was the first name in my attendance booklet of my first class that I taught at Pierrefonds Comprehensive High School. As it turned out, she was my student in Grade 7 and 8. I remember her as a bubbly, charming girl.

She attended her high school prom with Terry DiMonte, who later became a "well-known radio morning show host." A CBC article on April 17, 2016: "Who killed Theresa Allore? SQ reopens investigation into a 1978 cold case" features a picture of them.

Her graduating class had their 40-year reunion in 2016. She was not there. She is now happy as an angel in Heaven.

CHRIS EUSTACE
(RETIRED PCHS TEACHER)

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2

Fax: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com

WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
MATTHEW McCULLY MANAGING EDITOR (819) 569-6345
GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

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

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Local Sports

The standings are very tight at the top of the Regional Hockey League standings with the results of the weekend.

Cantonniers lose to Grenadiers and slip to second place in the Tacks division

Record Staff

The Magog Cantonniers could not take advantage of the fact that the Châteauguay Grenadiers had a short night's sleep. The latter had played in Gatineau the night before where they lost 4-3, in a shootout, against l'Intrépide while the Cantonniers won 4-3 against Saint-Eustache to take first place in the Tacks section.

The Grenadiers arrived ready and eager to avenge the 7-0 defeat in November. They left Magog with a 5-4 win... and the top spot in the Tacks section.

Charles-Olivier Villeneuve scored the winning goal at 3:03 in the third period, beating Louka Cloutier with his eighth goal of the season.

Justin Boisselle (7th) and Alexandre Rochefort (1st) gave the Grenadiers a 2-0 lead in the first period.

Lohan Lamarre (2nd) made it 3-0 for the visitors with his goal at 1:47 in the second period, much to the dismay of the 301 fans gathered at the Magog arena.

The Cantonniers took advantage of the Grenadiers' lack of discipline to score three power play goals and tie the game at 3-3.

Connor Macey (9th), Lewis Gendron (8th) and Éloi Bourdeau (6th) gave the Cantonniers fans hope until Maverick Thibert scored his fifth goal of the season with 57 seconds left in the second period.

Maxime Côté completed the scoring with his eighth goal of the season at 11:11 in the third period.

The Cantonniers players directed 38 shots at Xavier Sareault while Louka Cloutier took 24 shots.

The Grenadiers now have 50 points in first place in the Tacks section of the Quebec U18 AAA Hockey League, compared to 48 for the Cantonniers.

The Cantonniers will complete 2021 on the road by visiting the Collège Charles-Lemoyne Riverains on Friday in Sainte-Catherine and the Lac St-Louis Lions on Saturday in Dollard-des-Ormeaux, as well as the CCM Challenge in Saguenay on Wednesday, Dec. 15.



MARCO BERGERON, PICKER PHOTO

Cantonniers captain Éli Baillargeon, receiving the award for goalie Louis-Félix Charrois at the game.

Big Wild win at Lac-Mégantic

Record Staff

The Desjardins-Windsor Wild played as a team on Friday night against the Sauro in Lac-Mégantic and came away with a big 5-2 win.

After seeing Olivier Perreault give the hosts the lead with his first goal of the season at 4:12 in the first period, coach Sebastien Letarte's players responded with three goals in the second period.

In fact, Letarte's team exploded in the second period as all three goals were scored in the space of 35 seconds.

Tristan Lamothe (2nd), Samuel Grégoire (9th) and Jordan Chabot (4th) scored at 11:05, 11:35 and 11:40. Impressive!

Keven Jacques gave hope to the 582 fans present with his third goal of the game, scored at 18:07 of the middle period.

William Roy (2nd) and Felix Meunier (10th) completed the scoring for the winners in the third period. Meunier's goal was scored in an empty net with just over two minutes left in the game.

Sean Julien took 45 shots to seal the win compared to Pier-Luc Bouchard's 38.

A perfect Wild weekend

After their 5-2 win on Friday night in Lac-Mégantic, coach Sébastien Letarte's protégés added to their tally with a 6-2 victory on Saturday night against the DLC in La Guadeloupe, Beauce.

It was a fifth consecutive win for the Windsor team.

Tristan Lamothe opened the scoring at 15:03 of the first period with his third goal of the season.

Mathieu Lavoie (3rd) and Mykaël Létourneau (6th) increased the Windsor lead to 3-0 after 40 minutes of play.

Félix Meunier (11th), Mykaël Létourneau (7th) and Christophe Lebel-Duplessis (5th) completed the scoring for the winners.

The reply came in the third period from Miguel Goupil (7th) and Vincent Boutin (2nd).

Goaltender Thomas Lemoine faced 43 shots from the DLC players while his teammates sent 41 pucks towards Hubert Morin.

The standings are very tight at the top of the Regional Hockey League standings with the results of the weekend. The Desjardins-Wild has 20 points in second place behind the Coaticook Dynamik Service agricole who has 21 points. Both teams have played 13 games.

The Desjardins - Wild will be back in front of their fans on Friday, Dec. 10 at 8:30 p.m. against the Val-des-Sources Nordik Blades.

This will be a fundraiser for the Justin-Lefebvre Foundation and there will be a special presentation before the game for a much-loved organization in Windsor. More on that this week.

ALEXANDER GALT CHRISTMAS BASKET CAMPAIGN 2021

The AGRHS Christmas basket campaign has been a long-standing tradition in the community. Over the years we have been fortunate enough to have received generous donations from our community. Again this year, I ask for your support during these even more challenging times in bringing a little Christmas spirit to our less fortunate families.

The baskets will benefit families from Alexander Galt Regional High School sector (elementary and high school).

We hope we can continue to rely on your support, as it remains very important for the success of our Christmas basket campaign.

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Date Book

MONDAY, DECEMBER 6, 2021

Today is the 340th day of 2021 and the 76th day of autumn.

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

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

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

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

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

player.

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

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

TODAY'S QUOTE: "There is a fine line between fishing and just standing on the shore like an idiot." - Steven Wright

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

TODAY'S MOON: Between new moon (Dec. 4) and first quarter moon (Dec. 10).

Do Just One Thing

By Danny Seo

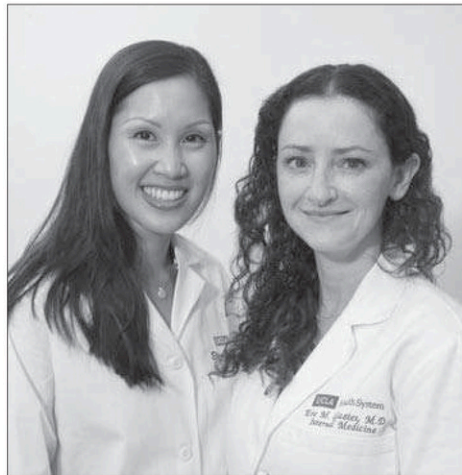
Donating used items to charity is a great way to find a new home for your old things, get a tax deduction and help a worthwhile nonprofit raise funds.

But not everything can be donated to charities, so it's best to ask before you drop off. In general, there are four categories of goods that are very difficult to donate and should either be recycled or sent to a landfill.

Mattresses and box springs, for example, are difficult to donate, since it is illegal in most states to refurbish or resell beds, for sanitary reasons. Used electronics have become very difficult to give, since prices have come down and functionality is constantly and rapidly evolving.

It's best to take old electronics to stores like Best Buy, where they are collected and recycled.

Immune system causes difference in UTI symptoms



ASK THE DOCTORS by Eve Glazier, M.D., and Elizabeth Ko, M.D.

about how UTIs in older people can mimic dementia? Also, why do they affect more women than men?

Dear Reader: A urinary tract infection, or UTI, may happen when any part of the urinary system comes into contact with bacteria. This includes the bladder and the kidneys, as well as the ducts that carry urine.

In younger people, a UTI typically makes itself known with symptoms that include a burning sensation while urinating, a frequent urge to go that produces very little output, pressure or pain in the abdomen, and urine that appears dark or cloudy and may smell odd.

In older adults, however, these physical symptoms don't always appear. Instead, one of the signs that an older adult has developed a UTI can be the altered mental state and cognitive lapses that you observed in your friend. This presents a danger because a urinary tract infection that

goes untreated can lead to serious problems, such as kidney damage or even sepsis. These so-called "silent" UTIs can present a grave threat to the health of older adults.

UTIs tend to be more common in women than in men. This is due in part because the urethra, which carries urine from the bladder and out of the body, is shorter in women than in men. It's also located closer to the rectum, a potential source of bacteria.

When it comes to the difference in symptoms between younger and older adults, the immune system is believed to play a role. As we age, our immune systems become less responsive. That means an infection can reach a more advanced state before the immune system responds and the symptoms of a UTI appear.

For some older adults with a UTI, the first symptom they notice is pain or an ache in the lower back. Unfortunately, that's a sign the infection has reached

the kidneys. However, a UTI isn't the first thing that most people think of when they begin to experience pain or discomfort in the lower back.

The reasons are not yet completely clear as to why UTIs can lead to an altered mental status in older adults. One school of thought is that the surge in inflammation that accompanies an infection may adversely affect the behavior of certain neurotransmitters, thus interfering with brain function. When an older adult suddenly exhibits altered mental status, a urinalysis can check for the presence of certain compounds in the urine that suggest a UTI. A urine culture will pinpoint the specific bacterial culprit.

The good news is that antibiotics are an effective cure. Once patients with an infection complete their course of antibiotics, it's a good idea to get a follow-up urine culture a few days later. It will let them know whether or not the UTI has completely cleared up.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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Homewrecking co-worker

Dear Annie

MONDAY, DECEMBER 6, 2021

Dear Annie: My husband of 19 years had an office gathering at our home in mid-August. He has been at his job for 18 years and switched departments four years ago. I had never met any of the current team members due to my work schedule.

One of his teammates, when introduced to me, grunted when she met me. My heart sank.

As I worked my way around the room getting to know each one on an individual basis, I reminded this lady that I had waited on her at my part-time job. She told me she was aware of the encounter because my husband told her that I had sold her cigarettes. However, I had asked my husband before the party if he had said anything, and he said no. So he lied to me.

After the party, I went through his phone, computer and phone bills. I discovered lots of private contact at all hours of the day and night. In my mind, they basically were having an affair.

The messages were pet names such as “baby boo,” “sugar britches” and “good morning, sunshine.” Worse yet, they told each other they loved each other.

We are in therapy now, trying to repair the damage my husband has caused.

When confronting the lady who tried to come between us, she stated that she wanted nothing to do with the drama in our house. I asked her why she was calling my husband by terms of endearment.

My husband’s friend used to date this lady. I did reach out to him and discovered that she has a long history of drinking and rehab. It’s so sad that women chase married men like it’s a

game and a goal to wreck marriages.

I would like your thoughts. – Brokenhearted in South Dakota

Dear Brokenhearted: My thoughts are with you. I am so sorry that your husband lied to you about his relationship with another woman. But instead of blaming her, why not channel all that anger and frustration into your couples therapy sessions? He was the one who was married, not her. It takes two to tango, and blaming her for chasing after your husband is not the answer. The real answer is to get to the root of the problem in your relationship, to understand why he wanted to stray in the first place. Or to understand that your husband is a cheating scoundrel – and move on.

While it is easier to blame a person you barely know who is trying to ruin your marriage, the person you really know is your husband. Save your blame for him and see how, and if, you can repair your marriage.

Dear Annie: The woman who wrote to you to say that she became friends with the ex-wife was very lucky. I tried so hard and was shut out.

At one point, I wrote her a letter about everything we had in common, including loving the kids, and she threatened to sue me for harassment. The kids would have benefited from our being in partnership for their welfare, if for no other reason. – Sad in Lakewood

Dear Sad in Lakewood: We cannot control other people’s reactions to what we do, but we can control how we treat them. For the sake of the kids, it is always better for them to see their families get along rather than having them see exes fight and not get along.

Dear Readers: Thank you for all your responses to “Letting Go Is Hard to Do.” We have undeniably wonderful parents

among our readership. Here are two of my favorite letters.

Dear Annie: This is in response to “Letting Go Is Hard to Do,” who was worried about the choices her daughter might be making at college after seeing a questionable bank transaction.

I am also the mom of a college-age student. We have had a joint account ever since my son was a senior in high school.

I made a promise to myself to not allow our joint checking accounts to be a way to peek into his world. Trust me, it is very hard not to look – especially when I am transferring money to his account. If his spending info pops up, I look away and put my hand over so I cannot see.

It is a don’t-see-don’t-tell trust that I never told him I had in place. He is very independent, and if I’d have questioned things, he would have started to mistrust me. There is always a way teens get around roadblocks; it’s called taking cash out of the account and spending it that way or buying a Visa gift card with the cash.

It gets easier as they get older to not look. I encourage you to think about why you need to look at how she spends her money. My son was no angel for a good four to five years. But he trusts me now, and when the really hard/big things come up, he comes to me for comfort and direction, and to ease his fears. Let a little more of the string go, and when your bird flies, you will be rewarded with trust and honesty. – Money and Trust

Dear Annie: I want to be as polite as I can in this reply to the mom who’s concerned about her 18-year-old daughter essentially just being an 18-year-old away at college.

With all due respect, Letting Go –

because you sound like a great mom and you seem to have a good bond with your daughter – maybe drop the “God’s gift” talk, stop thinking about what your religion teaches about birth control and just ask your kid if she’s OK and let her know you’re there to talk.

She may not be as interested as you are in what God and your religious community’s leadership thinks about her sex life. Meanwhile, here on Earth, you’re both humans who love each other. Lead with that.

In terms of sex addiction and so-called addictive behaviors, aka symptoms of a disease called addiction, which aren’t “behaviors” in an addict but rather compulsions, again, be honest. Talk about it head-on. Don’t minimize it if you’re truly worried.

And if you’re not, let her live her life and keep your opinions to yourself. You can either have a relationship that is close, honest and real or have some mix of hope, denial and religious idealism. But the half-measure of trying to have both almost guarantees the first will be lost, which would be a shame.

Keep your life between you and God, her life between you and her, and trust God to know how to handle the rest. God is too busy caring for billions of souls to really care much about birth control and sex toys. Take God’s lead. – Dad of a Teen, Too

“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.



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CELEBRITY CIPHER

by Luis Campos

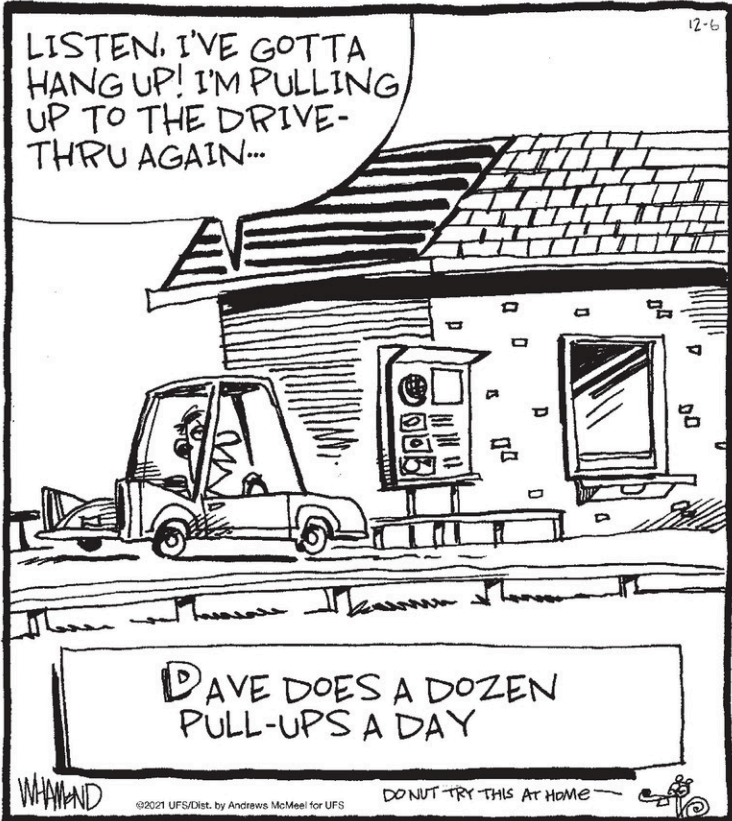
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ X N P F S O X N V M K T S S ! X ' O D P X R D W P
Z S X R O X N V M K T S S 2 0 A S M E I ! X ' N N Z S
C S E S I P N P R D , W C S A ' N N Z S I X Y T P G
O S ! ” — D X M R R X I M R W S W P T P K R O H P

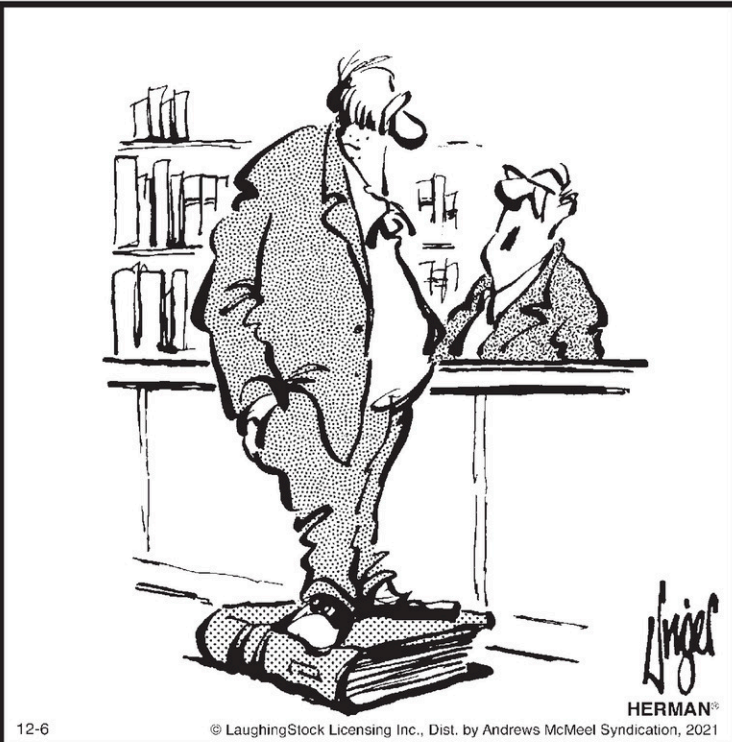
Previous Solution: “I have this word for much of what I do in life: ‘plorking.’ I’m not playing and I’m not working, I’m plorking.” — Jeff Bridges

TODAY'S CLUE: M sjenbø A

REALITY CHECK

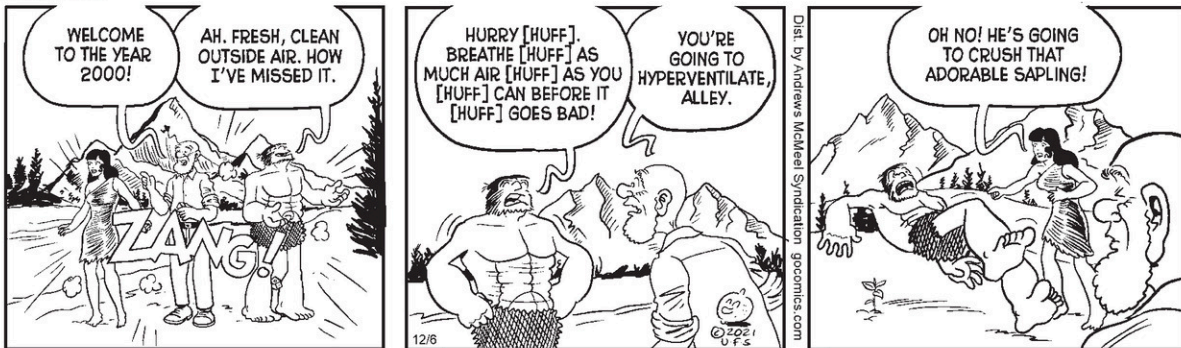


HERMAN



“Have you ever heard of the book ‘How to Be Six Inches Taller?’”

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



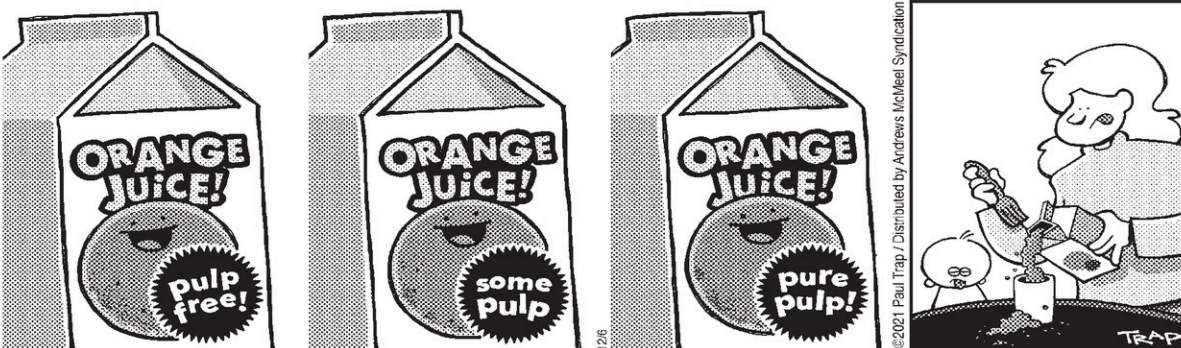
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PREVIOUS SOLUTION

9	1	6	3	2	4	8	7	5
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4	5	9	2	8	1	3	6	7
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 Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

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NEA Crossword Puzzle

Your Birthday

MONDAY, DECEMBER 6, 2021

into something that looks exciting. An opportunity is good only if you are willing to put in the time and effort required.

GEMINI (May 21-June 20) - Make yourself clear. Leave nothing to chance or in the hands of someone incompetent. Take responsibility and see matters through to the end. Don't give in to temptation. Do your own thing.

CANCER (June 21-July 22) - Set high standards. Use your imagination, and you'll develop innovative ideas that will help you reach your goal. Refuse to let anyone talk you into spending more than necessary.

LEO (July 23-Aug. 22) - Don't let anger take charge. Set your plans in motion, and don't stop until you are satisfied with the results. A financial or contractual opportunity looks promising. Keep the peace.

VIRGO (Aug. 23-Sept. 22) - Participate in events that will help you get ahead. Pursuing educational opportunities and attending networking functions will pay off. Be a good listener and an honest and loyal friend.

LIBRA (Sept. 23-Oct. 23) - Change the way you handle your finances to ensure you maintain a comfortable lifestyle. A unique approach to work will help you gain respect and recognition. Share your thoughts.

SCORPIO (Oct. 24-Nov. 22) - Keep close tabs on your spending. Efficiency and moderation will ward off uncertainty. Personal improvement will encourage better relationships with loved ones. Romance is favored.

Answer to Previous Puzzle

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

- ACROSS**
- 1 Ephron of "You've Got Mail"
 - 5 Mountain passes
 - 9 Keep in shape
 - 12 Vegas numbers
 - 13 Baroness Karen
 - 14 Bother
 - 15 Hall
 - 17 Farrow of "Zelig"
 - 18 Helmsman's dir.
 - 19 Receded
 - 21 Public garden
 - 23 Plains dweller
 - 24 Sombrero
 - 25 Evergreen trees
 - 28 Rock concert need
 - 32 PCB regulator
 - 33 Protective shelter
 - 34 Leafy cabbage
 - 35 Have confidence in
 - 37 Slip up
 - 38 Glasgow turndown
 - 39 A Guthrie
- 40 Monster's loch**
- 42 Greenspan stat**
- 43 Mauna —**
- 45 On a rampage**
- 47 Officer wannabe**
- 50 Through**
- 51 Mouths, in biology**
- 52 Demean**
- 58 None**
- 59 Barely makes ends meet**
- 60 Prefix for second**
- 61 Jay follower**
- 62 Glassmaker — Lalique**
- 63 Gourmandizes**
- DOWN**
- 1 Fall mo.
 - 2 Poetic tribute
 - 3 Hwys.
 - 4 Garden favorite
 - 5 Taunting remark
 - 6 Tempe inst.
 - 7 Sidekick
 - 8 Trapshooting

- 9 Door frame part
- 10 Fat cat's friend
- 11 Egg on
- 16 Like a moonless night
- 20 Toucan feature
- 21 Gazette
- 22 In the least (2 wds.)
- 23 Web habitues
- 24 Greek goddess
- 26 Helen, in Spanish
- 27 Used to be
- 29 Exotic fruit
- 30 Board
- 31 Percolate
- 36 Coupling device
- 41 Iceboat feature
- 44 Knockout gas
- 46 Bangor locale
- 47 Hit on the noggin
- 48 "La Traviata" highlight
- 49 "What's My Line?" host
- 50 Shop tool
- 53 Small music maker
- 54 "— in Black" (1997 film)
- 55 Battery size
- 56 TBS alternative
- 57 Dawn goddess

1	2	3	4		5	6	7	8		9	10	11	
12					13					14			
15					16					17			
			18					19	20				
	21	22					23						
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32						33				34			
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			43	44					45	46			
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51					52	53	54				55	56	57
58					59						60		
61					62						63		

Look over your options and consider who you want to spend time with before making long-term plans. Being honest with yourself and others will make it easier for you to develop good relationships and satisfy your needs. Don't be shy; say what's on your mind.

SAGITTARIUS (Nov. 23-Dec. 21) - Be brave and face head-on any problems you encounter. How you respond to others will determine the outcome of a situation that is holding you back. Be up-front regarding your plans.

CAPRICORN (Dec. 22-Jan. 19) - Embrace what life has to offer and do whatever you can to make the world a better place. Take responsibility and set a high standard. Keep life simple and be a kind and loyal friend.

AQUARIUS (Jan. 20-Feb. 19) - Consider the consequences of your actions, then assess how to proceed. Nothing is too great a challenge if you think matters through and draw on expert advice.

PISCES (Feb. 20-March 20) - Lend a helping hand to a loved one. Stick to the truth, and it will help clear up uncertainty and confusion. A change in the way you handle money matters will help resolve a debt.

ARIES (March 21-April 19) - Think for yourself. Don't let others intervene. Look at what you can do and put your energy where it counts. Stick to your budget and call on those you know you can depend on.

TAURUS (April 20-May 20) - You will thrive on change, but you must do your homework before you jump

MONDAY, DECEMBER 6, 2021

One play difficult, one play textbook

By Phillip Alder

Hilary Knight, a top women's ice hockey player, said, "The real answers aren't in textbooks; they can be found through experiences."

This deal contains two key plays. One is not in the textbook and would be missed by almost everyone; the other is in every good defense opus.

Can you spot these defenses in today's deal, where East-West are trying to defeat two spades after a predictable auction?

West led the heart king and continued the suit when partner encouraged. East took trick two and led his other high heart, which South ruffed with his spade eight. West overruffed and shifted to the diamond jack, ducked to East's king. East tried another heart, but South ruffed with his spade seven, played a spade to the jack, returned to his hand, drew trumps and had the rest of the tricks with the diamonds 3-3. The contract had been made with an overtrick for a 93.3% board.

West could have saved the overtrick and some 20% by not overruffing at trick three. In general, if you have a high trump honor that will always win a trick with some length in the suit, don't overruff.

East missed a much harder defense. He could have defeated the contract if *

North		12-06-21	
♠ J			
♥ 10 8 6			
♦ A 9 7 3			
♣ A 7 4 3 2			
West		East	
♠ K 6 4 3		♠ 10 9 2	
♥ K 9		♥ A Q 7 4 3 2	
♦ J 10 8		♦ K 5 4	
♣ Q 10 9 6		♣ 5	
South			
♠ A Q 8 7 5			
♥ J 5			
♦ Q 6 2			
♣ K J 8			
Dealer: East			
Vulnerable: Neither			
South	West	North	East
			2♥
2♠	Pass	Pass	Pass
Opening lead: ♥ K			

he had shifted to his club at trick three. Suppose declarer wins on the board and runs the spade jack. West takes that trick and gives his partner a club ruff. Now East leads his remaining high heart. South can ruff and draw trumps, but then he has no spades left. When East gets in with the diamond king, he can cash hearts. That would have given East-West an 80.0% score.