

Habitat for Humanity Canada kicks off national student writing contest

Record Staff

Habitat for Humanity is looking for poems or essays from students in Grades 4,5 and 6 for a writing competition to raise funds for local builds.

The theme for the writing contest, which will run until Feb.21, is the Meaning of Home.

Founded by Genworth Canada in 2007, the Meaning of Home contest has raised over \$1.5 million dollars towards helping to build decent and affordable housing in communities across Canada.

Three grand prize winners, one from each grade, will receive a \$30,000 grant to be directed to the local Habitat build of their choice.

Every student entry earns a \$10 donation towards their local Habitat for

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Community groups settling into their new space



GORDON LAMBIE

Rachel Hunting of Townshippers' Association, Marion Greenlay of QAHN and the Townships Sun, Matthew Farfan of QAHN, and Tanya Gibson of Mental Health Estrie in front of their new shared space at 3355 College Street in Lennoxville.

By Gordon Lambie

There are still boxes to unpack and signs to put on doors, but business is more or less up and running for the four organizations that made the move from the old Marguerite Knapp building to 3355 College Street in Lennoxville this past December.

latter end of 2019.

"We were trying to stay together as much as possible because we've been together in a community-oriented space for more than a decade," said Rachel Hunting, Executive Director of Townshippers' Association.

While different in both location and layout from the Marguerite Knapp building, Hunting said that her impression is that the new space will likely

work in very much the same way for both the organizations inhabiting it and the public. The building formerly housed the Dixville Home Foundation and other related groups, she said, but was also once a private home.

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TODAY:
SNOW



HIGH OF -3
LOW OF -17



THURSDAY:
SUNNY

HIGH OF -13
LOW OF -14



FRIDAY:
CLOUDY

HIGH OF 3
LOW OF 2



SATURDAY:
RAIN

HIGH OF 9
LOW OF -8



SUNDAY:
PERIODS OF
SNOW

HIGH OF -6
LOW OF -15

HAND IN HAND

The Lennoxville Girl Guides



Girl Guides

When most people think Girl Guides, they think badges (yes, they earn them!) and cookies (yes, they sell them!). While those things are a part of Girl Guides, they aren't all it's about. The 1st Lennoxville Girl Guides is a place for girls aged 5-17 to participate in a range of activities that they, themselves, help plan. During weekly meetings girls are meeting up with friends from school while also making close bonds with girls and leaders that they wouldn't have otherwise met. When asked what they like most about Girl Guides the children's answers boil down to "We're a Sisterhood." Girl Guides provides a safe environment to express who they are without judgement; they can be silly or different and that's okay. Adults who are a part of the organization also enjoy spending time with other women, getting to know the girls and participating in play, of which most adults do far too little.

The Lennoxville units meet on two different nights. The teens, Pathfinders and Rangers aged 12-17 meet on Monday nights while the younger girls meet on Wednesday nights. A typical Wednesday

evening involves opening ceremonies, where the different age groups sing and welcome each other. This group then divides by age into two smaller groups of 6-9 children, the Sparks and Brownies (5-8 year olds) are together with their Guiders and the Guides (9-11 year-olds) have their own Guiders to facilitate their activities. The girls reunite at the end of the evening to play games and do their closing ceremonies.

The activities the girls choose to do depends on their interests. This year, for example, the Sparks and Brownies have been diving into Art and Science projects. In the fall, they visited a dairy farm and plan on visiting other farms in the spring with the possibility of going horse-back riding. The girls earn money through cookie sales and their annual Saint Patrick's Day Coffee Party to fund their activities and buy themselves supplies. With these funds they've also been able to pay for part of their camping costs and activities like last year's rock-climbing.

The girls enjoy exploring topics that earn them badges. The new Girls First program, launched in 2018, is very flexible and allows for girl leadership and personalization. The girls can decide what they want to do and their Guiders help them implement their plans in a way that works for the group. The topics they explore are varied and include science, the outdoors, giving back to their community, arts, exploring self-identity, health, and developing skills, among others. The program is approached differently in each age group, as the girls have different needs and interests throughout their years with Girl Guides.

Camping weekends, while optional, are a highlight for many girls. It's a great experience to be out in nature for an entire weekend that not all girls get to ex-



perience in their normal lives. Sometimes in tents and sometimes in cabins, girls get to participate in meal preparation, campfire and a variety of outdoor activities. At these camps, girls have the chance to make friendships with girls from other guiding units. It is heartwarming to see girls, who haven't seen each other for months, reunite like extended family coming together again.

The 1st Lennoxville Girl Guides is about activities, badges, leadership and nature, but above all it is about community, connection, and sisterhood.

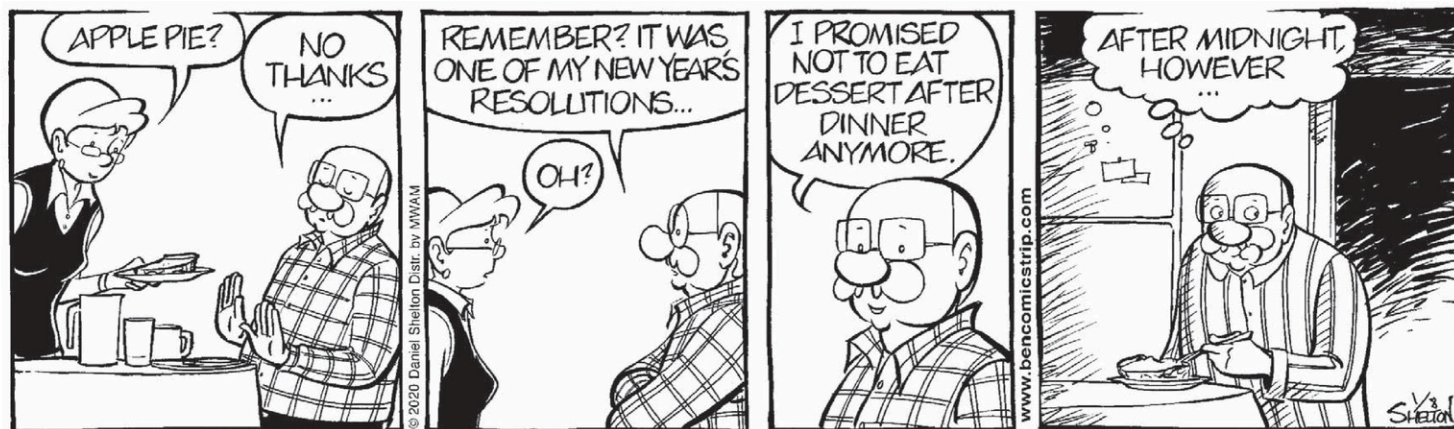
If you'd like more information about Lennoxville Girl Guides, they meet Wednesdays from 6:15-8pm. Please find us on Facebook, or email Lennoxville@GuidesQuebec.ca



Global Excel is proud to support local organizations that enrich our shared community.

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Ben by Daniel Shelton



LOCAL NEWS

Habitat for Humanity Canada's model of affordable homeownership helps families in need of housing buy their own home.

Quebec Bar Association offering dating advice for the new year

By Gordon Lambie

The Quebec Bar Association is warning people to think about the way that they write down dates with the coming of the new year. Although it is not unusual to stumble over dates in the first few days after January 1, the

year 2020 brings with it a special complication worth keeping in mind.

The problem comes from the tendency to abbreviate a year to its last two digits, like in the case of turning 1999 to just 99. The association points out that the current year in an abbreviated form could easily be changed by someone

with malevolent or mischievous intentions to any one of the last 19 years. In other words, the date 08-01-20 (January 8, 2020) could easily be made to look like 08-01-2001 by simply adding a 0 and 1. This, in turn, runs the risk of invalidating official documents by back dating them.

In a further statement the Bar Association pointed out that the following the International Organization for Standardization (ISO) standard for dates of year-month-day (2020-01-08) would also held guard against this issue.

Repair work today on Queen-Victoria Boulevard

Record Staff

Sewage maintenance work and repairs will slow traffic today On Queen-Victoria Boulevard, at the intersection of de Montréal Street.

The work is expected to begin this morning around 8:30 p.m. and finish around 4 p.m. this afternoon.

The work will cause the closure of two lanes in one direction. A Flagperson will be on site to assist with traffic.

Sherbrooke police stop 34 impaired drivers over the holidays

Record Staff

Between Nov. 28 2019 and Jan. 2 2020, the Sherbrooke Police Service set up 10 road blocks on different nights in an effort to curb the number of drivers on the road im-

paired by drugs or alcohol.

During the 10 roadblocks, a total of 1,410 vehicles were checked, resulting in two arrests.

Police presence on the roads, however, led to 32 arrests made during routine stops during the holiday period.

Magog downtown parking fees start today

Record Staff

The City of Magog wishes to inform the population that as of today, January 8, users will have to pay for their parking at the pay and display machine, upon arrival, with their licence plate number in the downtown area.

This new method of payment is in effect Monday to Wednesday, from 8 a.m. to 6 p.m., and Thursday to Saturday, from 8 a.m. to midnight. The rate per vehicle is \$1.50/hour. Parking in the downtown area is free on Sundays.

Methods of payment

Payment for parking spaces can be made :

At the parking meter by credit card or

coin;

Through the bciti application with a smart phone or tablet.

The free bciti application allows users to pay remotely and even extend their parking time using a smartphone, tablet or computer.

The bciti application can be downloaded from the App Store or Google

Play by selecting "Magog" among the participating cities. The platform is also accessible via the following address: magog.b-citi.com.

For more information on parking lots, their location and pricing, citizens are invited to visit ville.magog.qc.ca/parking lots.

Habitat for Humanity

CONT'D FROM PAGE 1

Humanity ensuring that communities benefit from each student's participation. By press time yesterday, 60 entries had been submitted from students in Manitoba (25), Nova Scotia (24) and Ontario (11), raising \$600 for the campaign so far. There were no submissions by Quebec students as of yesterday. The contest website keeps a tally of all the submissions from different provinces.

"This contest is a great way to get stu-

dents involved in learning more about why access to decent and affordable housing is so critical," commented Meghan Reddick, Vice President of Brand, Communications and People at Habitat for Humanity Canada in a press release. "It's also never too early to learn about the importance of giving back and that every action, big or small, can make a difference."

"The Genworth Canada Meaning of Home contest encourages students to become engaged in the well-being of their community. As a founding sponsor of

this contest, we've provided over \$1.5 million dollars in funding to Habitat for Humanity across Canada, and we have helped to inspire 58,000 students to learn more about the issue of affordable housing," added Stuart Levings, President and CEO, Genworth Canada.

Teachers or parents who are interested in having their Grade 4, 5 or 6 students participate can also access an educational module online at meaningofhome.ca that includes writing tips and information on affordable housing issues in Canada.

Sign up to receive on-going updates and notification of the winners at meaningofhome.ca. Winners of the 2020 Meaning of Home contest will be announced in May, 2020.

Habitat for Humanity Canada's model of affordable homeownership helps families in need of housing buy their own home. Habitat homeowners volunteer up to 500 hours and pay an affordable mortgage geared to their income, helping them build a strong foundation and the financial stability to help plan for their children's futures.

Plastic bag ban in Val-St-François MRC

By Nick Fonda

As of January 1, 2020, the Val-St-François MRC has banned single-use plastic bags on its territory, and this on the initiative of Sylvie Bureau, mayor of Windsor.

"This decision was not made overnight," said Sylvie Bureau, who is now serving her third mandate as mayor. "It was about a year ago that I first floated the idea. I consulted with the mayors of the other 17 municipalities that make up our MRC. As I did here in Windsor, they consulted with a cross-section of the businesses and commercial enterprises in their municipalities."

"The consensus, among business owners, as among the mayors, was overwhelmingly positive," she said. "We're all conscious of the negative impact of plastic on the environment, and we're all in agreement that we should be doing everything possible to eliminate as much plastic as possible from our recycling bins and our landfill sites."

"The ban has just come into effect," she explained, "but we've been sensitizing our citizens to it for the last several months. We've put up numerous posters announcing this change, and we've put ads on local media. Everyone has had plenty of time to prepare for

this."

"I've been using cloth bags for years," she continued, "and I always have a bag or two handy in my purse or in the car. It bothered me for a long time to see a young family coming out of the grocery store carrying half a dozen plastic bags."

Val St. François is not the first place to ban single-use plastic bags. Montreal, for example, imposed a ban on them almost two years ago, although, according to a recent news item, with mixed results.

"It may be that this ban won't be 100% effective," Sylvie Bureau admitted, "however I'm hopeful that the major business owners will comply."

In fact, at least in Windsor, a number of commercial enterprises have already taken significant steps in the right direction. For the last several months, at least one of Windsor's two pharmacies has been making heavy-duty plastic bags available to their customers. Someone who needs a bag is given one but is asked to return it the next time they come in. Similarly, a grocery store in Windsor has been selling single-use bags to customers for 25 cents and then contributing that money to different non-profit organizations in the community.

In Richmond, the grocery store has been charging a nickel for its plastic bags for the last few years, however, for the last month the bags have changed and are now made of a plastic that decomposes quickly and completely.

David Stevens is the owner of a convenience store in Richmond and said that after only a week it's too early to tell the effect of the ban.

"I personally think the ban is a good idea," he said. "Customers at a convenience store don't need bags the way they do at a grocery store. There may have been a couple of complaints but people will get used to the change."

"The concern about plastic isn't a local phenomenon," he pointed out. "We were in vacation at a resort in Mexico several months ago and we noticed that drinks came in reusable plastic glasses and without straws."

Eliminating single-use plastic bags is a small step towards curbing landfill waste but not an unimportant one. Still,



Sylvie Bureau

NICK FONDA

as a society, we have a ways to go to relieve the stress we're putting on the environment, especially since our increased prosperity has contributed to our environmental degradation. For example, 30 or 40 years ago, the average family had one car in the driveway. Today, it's normal to see two cars in the typical driveway if not three or four when the grown kids are still living at home.

"Plastic water bottles are another problem," said Bureau. "Here, at Windsor's Town Hall, they are banned, and their use in the municipality is in decline. A local merchant has manufactured a number of re-usable water bottles in aluminium. They are stamped 'Rempli Vert' and several businesses

have a small sign in their shop fronts with the same logo. Anyone who wants to refill their water bottle can simply walk in and do so."

"Windsor has been pro-active in other ways," she continued. "The whole MRC now has composting bins, but we've had them here for over 11 years, following a successful pilot project."

Bureau is among those who remain optimistic in the face of the world's environmental crisis. "Both consumers and manufacturers have a role to play," she says. "We have to become more fully sensitized to our impact on the environment, and more thoughtful in our decisions. I'm optimistic because without hope, where would we be?"

Lyne Bessette opens constituency offices in Cowansville and Knowlton

Record Staff

Member of Parliament for Brome-Missisquoi, Mrs Lyne Bessette has announced the opening of her constituency offices in Cowansville and Knowlton.

The Member of Parliament and her team are ready to welcome citizens at the Cowansville office, which will be open 2 days per week, Mondays and Tuesdays from 9 a.m. to 4:30 p.m.

The opening of a new office in Knowlton will take place today, Jan. 8 and will be open Wednesdays and Thursdays from 9 a.m. to 4:30 p.m.

"I am very proud to announce, at the

beginning of 2020, the opening of the Cowansville office and the new office in Knowlton. Constituents will therefore have access to four constituency offices on the Brome-Missisquoi territory to reach their Member of Parliament to better answer their preoccupations, questions and requests. It is important for me to best serve the population and one of my top priorities when I was elected was to offer excellent local service. That's what my team and I will offer. I am starting the year in good shape, better than even and ready to move forward the Brome-Missisquoi files and well represent my fellow citizens in Ottawa", declared Bessette.

Constituents are invited to contact the MP through one of the four constituency offices. Contact information:
Email: lyne.bessette@parl.gc.ca

Constituency office of Cowansville
351, rue Principale Cowansville (Québec) J2K 1J4
Phone : (450) 263-0025
Monday and Tuesday from 9 a.m. to 4:30 p.m.

Constituency office of Knowlton
109A, chemin Lakeside (Knowlton) Ville de Lac-Brome (Québec) J0E 1V0
Phone : (450) 305-0731

Wednesday and Thursday from 9 a.m. to 4:30 p.m.

Constituency office of Magog 353, rue Principale Ouest Magog (Québec) J1X 2B1
Phone : (819) 868-1305
Monday to Thursday from 9 a.m. to 4:30 p.m. and Friday from 9 a.m. to noon

Constituency office of Bedford 52, rue Principale Bedford (Québec) J1J 1A0
Phone : (450) 248-3144
Tuesday and Wednesday from 9 a.m. to 4:30 p.m.

Quebec emerging as potential hub for Conservative leadership hopefuls

By Stephanie Levitz
The Canadian Press

As contenders for the Conservative leadership continue to jockey into position, several from Quebec are considering a bid despite the party's mediocre showing in that province in the last election—or perhaps because of it.

Among them: former Quebec premier Jean Charest, current MP Gerard Deltell, former Conservative senator Michael Fortier, businessman and party insider Bryan Brulotte, longtime Quebec Tory Richard Decarie, former Conservative policy staffer Aron Seal and entertainment industry mogul and reality TV star Vincent Guzzo.

Guzzo, who owns a major Quebec chain of movie theatres and stars in the CBC show *Dragons' Den*, said Tuesday the number of potential candidates from the province suggests Quebecers are eager for a Conservative win.

"It says we have made the mistake in the past of saying well, the party is a western-based party," he said.

"The truth is that there are more similarities between Alberta and Quebec than people think."

To date, the potential roster is already

longer than it was for the party's last leadership race.

In 2017, Quebec's Maxime Bernier came within a whisker of winning but lost to Andrew Scheer. The only other Quebec-based candidate in that campaign was Steven Blaney, the former cabinet minister and current MP.

After winning leadership, Scheer spent extensive amounts of time in Quebec, and pushed heavily to gain support there ahead of the October 2019 election. At the outset, the party had hoped to increase its seat count, but saw its campaign go quickly off the rails.

The first stumble came with Scheer's performance in the first French-language debate, and the party never regained its footing, facing heated challenges to their policy ideas and Scheer's personal views, including his opposition to abortion and incoherence on same-sex marriage.

The one bright spot was capturing Bernier's old seat, which he failed to win as leader of his new outfit, the People's Party of Canada.

But overall, the loss set off a near-riot in some Quebec conservative circles, with immediate calls for Scheer to resign.

Firing his chief of staff, who was heav-

ily involved in the party's strategy there, didn't quiet the din. After increasing pressure from Quebec and elsewhere, Scheer stepped down in mid-December pending the election of his replacement, saying he was no longer able to lead the party.

Guzzo said the issue wasn't Scheer's views per se, but his inability to clearly articulate them. He said it scared off voters.

He said his experience in business and in entertainment is that politicians are increasingly out of touch, and the Conservatives need to think hard about opting for an insider-type leader once again.

In 2017, a high-profile outsider similar to Guzzo did take a run for leadership. Kevin O'Leary, who had also been a *Dragons' Den* star, used similar messaging to try and mount a leadership bid but could never get the grassroots support necessary and dropped out.

Guzzo said he's no O'Leary, and understands the political machine he'll need to win the vote. He said he's talking it over with his family, making calls to the party's grassroots and its local leaders, and waiting to see who else might emerge from the wings.

"I don't need to become a politician,

but if I'm going to get more of the same old stuff that we've been delivering, I'm going to try and change the recipe because that old recipe is not going to work. We're going to lose again," he said.

If Charest is among those who does emerge, he'll face competition from Richard Decarie, who once worked for Stephen Harper when his Conservative party was in opposition, and currently does strategic communications in Quebec.

He, and other social conservatives, feel that Scheer didn't lose because of his positions, but because he failed to defend them.

He said Tuesday that he can't stomach the idea of Charest, a former Liberal and Progressive Conservative, taking over, calling it a "slap in the face" to the "true-blue" conservatives who have built up the party in recent years.

"Andrew Scheer is seen as deceiving the social conservatives, yet because he lost the election, the Progressive Conservatives who were involved in the past now want to kill the Conservative party," he said.

"This is why I am jumping in."

The Conservatives will elect a new leader June 27.

Quebec man, 38, to face charges for online hate related to social media posts

The Canadian Press

Police in Granby, Que., say they've arrested a 38-year-old man for allegedly inciting hatred online in connection with racist and homophobic posts on a social media account.

Spokesperson Caroline Garand said police began an investigation after receiving a complaint Sunday from a Montreal resident about a local man's posts on a Russian social media site.

A junior college philosophy professor who has previously written about the far

right was the first to expose the posts, writing about them on his blog Sunday, and on Monday an article appeared in the local newspaper *La Voix de l'Est*.

The suspect was arrested that evening at his home in the town, about 85 kilometres southeast of Montreal.

Police say the man remains detained and is expected to appear in court later today.

Garand said the man is not someone previously known to the police.

Community groups

CONT'D FROM PAGE 1

rent, and an auditorium with nearly 90 seats that the association director said groups are excited to use for both annual general meetings and speakers or other public presentations.

"We're really excited to be here," said Matthew Farfan, Executive Director of QAHN, calling the new space a good fit for community organizations. "We've co-habitated together for so long."

Although Farfan mourned the loss of the former building's large central hall, he noted that the office space on College Street is better organized for the group's needs.

"This is great, it is a big improvement," he said, adding that the groups worked together very well on trying to find a new home together.

"The partners in the building often share materials and resources and collaborate on projects," said Tanya Gibson,

Executive Director of Mental Health Estrie, explaining that although their organization has more of a direct contact with the public in its day-to-day work than the other groups in the building, everyone worked together on trying to stay in the Lennoxville area in order to remain accessible for the client base built up in the local area. "Many of our support group members come from close to here, so we wanted to remain accessible."

Gibson explained that although the process of moving got uncomfortable at times, the new space holds some big advantages for Mental Health Estrie including a private entrance that will allow clients coming for support group meetings a greater degree of privacy. The move also means an expansion for the organization, which is welcoming a new employee, Jennifer Bauer, as an intervener / administrative assistant.

"As long as people are ready for a little

bit of unpacking to remain, we're here and our support groups are up and running," the director said, noting that the phone number and email address remain the same as always. "We're very happy to be here, even if it means figuring out some new challenges."

David Wright, of the Townships Sun, had only positive things to say about the transition, even if the magazine's office is currently spread between two buildings.

"I love it," he said. "It's got everything we need."

Marion Greenlay, who works with both the Townships Sun and QAHN, noted that the Sun's new office is slightly smaller than the one it used to have, but argued that the process of moving might be good for decluttering years of accumulated items.

In reflecting on the lead up to the move, both Hunting and Farfan expressed specific gratitude to the Eastern

Townships School Board, their former landlords, for the long and positive relationship they had over the years. Although the relocation became a necessity as the Marguerite Knapp building deteriorated, the groups all said that they felt the relationship with the board had remained positive throughout.

"They were very kind to us," Hunting said.

The groups also shared a deep gratitude to the volunteers, friends, and family members who have helped and continue to help with the moving and unpacking process. Even if the space is not 100 per cent set up and ready, several of them expressed excitement at the idea of inviting people in to see the new set-up.

"Anyone who wants to come up and visit we'd love to have them," Farfan said.

EDITORIAL

But in our modern society there is no longer a system of collective meaning as we structure our common lives.

Everyone wants meaning in their work — but how do you define it?

By Elodie Chevallier
Spécialiste du sens au travail,
Université de Sherbrooke

not be reduced to simply a new objective for companies that will benefit employees.

An intersectional notion

Understanding the notion of meaning requires going back to its origins. From the Latin *sensus*, the word meaning is polysemic.

It refers to the ability to experience impressions, to represent an idea or image in the face of a sign or experience. It's also linked to the notion of purpose and *raison d'être*.

In addition, the senses represent the psychophysiological functions by which individuals receive information (sight, hearing, smell, taste, touch).

More specifically, with regard to the meaning of work, it is necessary to distinguish the meaning at work from the meaning of work. The first makes it possible to qualify the working environment in which the employee operates (work team, purpose of the organization, type of premises, etc.). The second refers more to the work activity (missions, activities, skills implemented).

Meaning, from the point of view of work, can be broken down into three aspects:

- The meaning of the work (the representations and value it has for the subject)
- The subject's orientation in his work (which guides his actions)
- The coherence between the subject and the work he or she does (expectations, values).

The subject of meaning therefore goes well beyond organizational or quality of work life issues, but also concerns skills development, remuneration, personal and professional balance, working conditions and career prospects. The notion of meaning at work is transversal, but above all it is guided by a concern for consistency between the employee's needs and what the organization offers.

Indeed, meaning includes both an individual and a collective dimension. The word *sinni* in Icelandic, the oldest Germanic language, means "the travelling companion." The word seems to exclude



the idea of a solitary meaning.

But in our modern society there is no longer a system of collective meaning as we structure our common lives. The two systems of meaning considered dominant during the 20th century, namely Communism and liberalism, have both shown their limits. The former has seen many of its regimes collapse while the latter has evolved towards a world in which consumption has become a value.

Faced with this lack of fundamental pillars, the search for the meaning of life can only be individual, and built on our own individual value system and beliefs.

How to generate meaning (or not)?

Generating meaning in work organizations means providing collective references that employees can adopt to build their own individual meaning.

This includes, for example, clearly stating the aims and values of the company with which employees can identify. Im-

plementing a skills development policy that promotes professional development is also a strong signal to employees. However, care must be taken not to fall into purpose washing, which can include directives on an organization's supposed values that would exist only rarely in practice.

Indeed, since one of the components of meaning is the coherence between the employee and their actual work, discordant speeches and paradoxical goals that shift words and actions will therefore be harmful. And it is precisely this type of paradox that leads many employees to think of leaving companies and creating their own activity that will be built in coherence with their values and their goals.

Elodie Chevallier does not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and has disclosed no relevant affiliations beyond their academic appointment.

Letters

Thank you for making a difference

On behalf of Alexander Galt Regional High School and all Christmas basket recipients, I would like to personally thank all our donors and collaborators for your kind donations this holiday season. Your continued support has allowed us to assist families in need in the Galt community – none of which would have been possible without your generous donations. The kindness in your heart to give back not only brings me joy but has had a positive impact on local families and has made a tremendous difference.

Our collaborators have also played an important role in making this campaign a success over the years. Our local newspaper, The Record, has been our faithful partner since 1999. As well, the Lennoxville Provigo and its staff, have graciously acted as Santa's elves for the past few years by ordering and packing the baskets for us – so thank you.

Spreading Christmas cheer is something I have always enjoyed but this year I would like to extend the cheer to you – our donors. The campaign was exceedingly successful and that is all thanks to you – it could not have been done without you.

Thank you again for your compassion and continued support. Your generous assistance makes it possible for our GALT families to have a brighter Christmas holiday!

MANY THANKS,
TRACY LYNCH
SPIRITUAL LIFE ANIMATOR AT AGRHS

THE RECORD

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Local Sports

The snowfall Dec.30-31 convinced skiers and snowboarders to hit the slopes.

Holiday Season that ends on a high note for Quebec ski resorts

Record Staff

Quebec's ski resorts are satisfied with the traffic they've seen in the last two weeks, some even calling the 2019-2020 holiday season excellent, even though Mother Nature gave many people the willies at the start of the holiday break.

The long holiday represented close to 20 per cent of station traffic in 2018-2019, with more than one million visits recorded during the two weeks of festivities. The holiday season generates significant tourism spinoffs for businesses in the accommodation, food service and retail sectors. In addition, the results of the holiday season are often the prelude to the season's overall results, given the number of visits recorded and the fact that it kicks off the winter season.

Among this year's highlights, ski areas noted the first week of the long holiday season saw mild temperatures and sunny days, perfect weather to introduce young children and families to skiing. The lack of snow, however, was felt by ski resorts that offer 100 per cent natural snow, being forced to delay the opening of their resorts. However, the re-

sorts equipped with snow cannons were able to compensate for the lack of natural precipitation thanks to the cold temperatures in November and December, thus offering high quality conditions.

The snowfall Dec.30-31 convinced skiers and snowboarders to hit the slopes. Many snow sports enthusiasts took advantage of Mother Nature's generosity throughout Quebec, as this snow-storm brought out the people whose lawns until then were still green.

Jan. 2 was the busiest day of the Holidays at several ski resorts, while others set a record of visits on Jan. 4.

"Overall, the snow that fell at the end of December was a great gift for the 2020 New Year," commented Josée Cusson, Director of Communications and Marketing for the Quebec Ski Areas Association (ASSQ). "This bodes well for January and February, which represent more than 37 per cent of the year's visits. Winter is only just beginning, and so is the ski season! The most beautiful winter days are yet to come; it's up to Quebecers to make the most of them at the ski resort," said the ASSQ representative.



COURTESY

The programming of the Festi-Val en neige 2020 is launched!

Record Staff

The fifth edition of the the Festi-Val en neige has many surprises in store this year.

The Festi-Val en neige activities will begin this Thursday, with the PBM hockey tournament in Valcourt.

During a press conference held Tuesday the Yvonne L.-Bombardier Cultural Center, the Festi-Val en neige Coordinator and Director of Recreation of the City of Valcourt, Alain Martel, unveiled the official program of the Festi-Val en neige

2020.

Once again, surprises are in store!

For the first time in five years, the Festi-Val en neige will be held in the seven municipalities of the Valcourt region: Bonsecours, Sainte-Anne-de-Larochelle, Racine, Maricourt, Canton de Valcourt, Lawrenceville and of course, Valcourt.

Martel felt it was important for each of the municipalities to be able to put their shoulder to the wheel in order to offer diversified programming and allow each citizen to discover his or her

corner of Val-St-François.

In addition to the activities normally scheduled during the Festi-Val, such as the skating disco, the firefighters' bingo, the moonlight ride or the antique snowmobile parade, a few new activities have been added to the program.

Whether it's a dek hockey tournament, a friendly hockey tournament, a craft fair or a snowshoe hike, there will be something for everyone!

On Feb. 1, the City of Valcourt will offer the family zone as part of the Winter Lovers, on Avenue J.-A. Bombardier.

Come experience an epic snowball fight or jump around in the inflatable games. Everything is free, from 10 a.m. to 4 p.m.

As in past years, citizens and merchants of the region are invited to participate by decorating their homes and businesses for the occasion. In addition, for the first time this year, the City of Valcourt is organizing a snowman contest. From Jan. 9 to 31, citizens will be invited to make a snowman and share the picture for a chance to win a prize.

A quick look at the changing rules around Olympic athletes and sponsorship

By Donna Spencer
THE CANADIAN PRESS

The Canadian Olympic Committee released its marketing guidelines Tuesday for athletes and their personal sponsors during the 2020 Olympics in Tokyo from July 24 through

Aug. 9.

The International Olympic Committee allows for a more liberal interpretation of Rule 40 that governs athlete engagement with non-Olympic sponsors during the Games.

Canadian athletes can:

- continue to appear in long-standing (minimum 90 days before Games), generic advertising campaigns of personal sponsors with no escalation during the Games.

- thank personal sponsors during the Games and receive congratulatory messages from personal sponsors.

Canadian athletes can't:

- appear in advertising campaigns or on social media posts of non-Olympic sponsors that include intellectual property such as the Olympic rings, Games images or Canadian Olympic team trademarks.

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Death

Death

Jackie Patrick 1931-2020



Jackie Patrick (nee Marie Jeanne D'Arc Jacqueline DeBlois) passed away peacefully in her home on Saturday, January 4, 2020 at the age of 88 under the exceptional and loving care of the Grace Village professional staff. Born December 15, 1931 in Kirkland Lake, Ontario, Jackie was the daughter of Arthur DeBlois and Marie DeBlois (nee Ménard).

Jackie will be forever remembered by her beloved children: Michael and his wife Anne, Jill (Lou Marone deceased 2015), Christopher and his wife Maureen, Kelley-Anne and her husband Charles, Scott and his wife Johanne, Sean and his wife Simone, her 18 wonderful grandchildren, and seven (soon to be eight) great-grandchildren.

Widow of the late Donald Patrick (deceased 1981), Jackie was a devoted and loving wife, mother, Grandma, Grandmaman and Great-grandmother to us all. Jackie will be sadly missed yet always joyfully present in our lives and the lives of the many who had the honour of knowing her.

"If I had a flower for every time I thought of you ... I could walk in my own garden forever." — Alfred, Lord Tennyson

She was preceded in death by her sister Betty, and three brothers Johnny, René, and Paul.

Throughout her 60+ years as a Lennoxville resident, Jackie's selfless commitment to her community and local charities – second only to her family – is her greatest legacy.

The Patrick family will be forever grateful for the extraordinary care provided her at the Connaught Home and Grace Village. In her final days, the care, attention and compassion she received was beyond compare. To all the nurses, caregivers, kitchen, recreation and administrative staff, we thank you.

Visitation will be held at Cass Funeral Home, 3006 College St., Sherbrooke, on Friday, January 17th from 2:00 p.m to 4:00 p.m and again at 7:00 to 9:00 p.m.

Funeral services will be on Saturday, January 18, from 2:00 p.m. at Grace Village, located at 1515 rue Pleasant View, Sherbrooke, Qc.

Celebrations are to follow at the Golden Lion Pub in Lennoxville. All are welcome! In lieu of flowers, donations to the Grace Village Care Foundation (1515 rue Pleasant View, Sherbrooke, QC, J1M 0C6) would be greatly appreciated.

CASS FUNERAL HOMES
3006 College St., Sherbrooke QC
www.casshomes.ca

PHONE: 819-564-1750
FAX: 819-564-4423

Datebook

WEDNESDAY, JANUARY 8, 2020

Today is the eighth day of 2020 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; Graham Chapman (1941-1989), actor/comedian; Stephen Hawking (1942-2018), physicist; Terry

Brooks (1944-), author; David Bowie (1947-2016), singer-songwriter; Michelle Forbes (1965-), actress; R. Kelly (1967-), singer-songwriter; Rachel Nichols (1980-), actress; Kim Jong Un (1984-), North Korean leader.

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

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

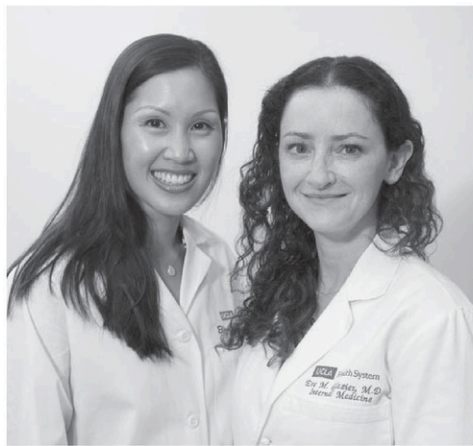
TODAY'S QUOTE: "Fear is a fire to temper courage and resolve. Use it so." — Terry Brooks, "Running With the Demon"

TODAY'S NUMBER: 641 — projected width (in feet) of the Crazy Horse Memorial in South Dakota, which will be the largest sculpture in the world if it is completed.

TODAY'S MOON: Between first quarter moon (Jan. 2) and full moon (Jan. 10).



Cycling offers many benefits with low impact



ASK THE DOCTORS

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

Dear Doctor: My company provides perks for involvement in its wellness program, and I've decided to start biking the 4 miles (with a few hills!) to work. Do you think it's a good choice? Any advice

for getting started?

Dear Reader: First, congratulations for making this positive change in your life. Cycling is a terrific activity with multiple health benefits. Exercise, in general, has been shown to help boost energy; improve mood; reduce the risk of a range of diseases, including heart disease and certain cancers; maintain a healthy weight; add to strength, agility and flexibility; and aid in sleep.

As you cycle the 4 miles to and from work, you'll use an impressive range of muscle groups. These include the hamstrings and quadriceps, which are the two major muscles in the legs; the calf muscles; the gluteals, which are the trio of muscles that make up the buttocks; the core muscles of the abdomen; and to a lesser degree, the muscles of the upper body. Conquering those hills will get your heart and lungs working and help build strength, stamina and endurance.

Cycling is an excellent resis-

tance activity, which means it's good for bones and bone density. It's also a low-impact activity, so it's kind to the joints. And the hundreds of tiny decisions needed to navigate a route and negotiate traffic help keep you mentally sharp. By the time you wheel into work after 30 to 45 minutes on the bike, you'll have a nice endorphin glow with which to start your day.

The two main things to consider are conditioning and safety. If you haven't been cycling on a regular basis, start by making sure your bike fits you properly and is in good repair. Your local bike shop can help you with that. Start training with short rides, gradually building up until you're comfortable with your daily commute. The goal is to improve physical conditioning and also to become comfortable on the bike and out on the roads. Age plays a role as well. Once we hit our 40s, our muscles don't perform at the same level as in our

younger days. For older riders, this means more time to build strength, and longer to recover.

The main risks of cycling come from run-ins with motor vehicles, so you want to focus on safety. Always obey the rules of the road; for instance, be sure to ride with traffic, not against, and signal your turns. A common refrain from drivers is that they didn't see the cyclist until it was too late. So make yourself as visible as possible with bright colors and reflective gear. In low light or darkness, make yourself known with reflectors, a white front light and red rear light on your bike, and again, reflective gear. And always — this is non-negotiable no matter how short a distance you plan to ride — wear a good helmet. It can save your life.

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

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off

With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:

Text only: \$16.00 (includes taxes)

With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.

WEDDING WRITE-UPS:

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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.

New Year's resolutions redux

Dear Annie

WEDNESDAY, JANUARY 8, 2020

Dear Annie: New Year's Day is approaching, and it's time for new resolutions. I'm ashamed to say that mine will be the same it is every year. My goal is to get into shape. Each year, I start with a few workouts but quickly fall back into my old lazy routine and let my diet slip. I've tried joining a gym, fitness classes, running and walking. Nothing will stick. I really want to keep it up this year, but I'm already afraid I'll fail. How do people stick with it? — Out of Shape

Dear Shape: First of all, don't wait for New Year's Day. Start today, especially because it seems that you are motivated. Procrastinating makes it more difficult to begin and to stick to a routine. Second, my favorite wellness advice is that the best workout is the one you'll do. That can vary from person to person. For some, it may be group fitness classes. For others, it may be outdoor running. And still others may find a stationary fitness machine is their workout of choice. All of these are great options.

Set clear and achievable objectives. Perhaps it's around a number of workouts per week or a duration. Keep yourself accountable. Find a friend with the same goals. Also try hiring a personal trainer who can tailor a workout to your needs or what you like best. For tighter budgets, consider using a fitness app, many of which have accountability and progress programs

built in. Watching your progress will keep you motivated and on track. Good luck!

Dear Annie: My sister-in-law hosted Thanksgiving for our large family one year, even accommodating out-of-town family members. After cooking and prepping and setting the table, she said that we could sit wherever we'd like. The kids had their own separate table. The meal was delicious, and we enjoyed each other's company.

After everyone ate, my sister-in-law announced for all of us to reach under our chairs. Earlier that day, she had put sticky notes under each chair with a task written on the note. They included "clear the table," "dry the dishes" and "box up leftovers" — you get the picture. One of them (hers) read, "play with the grandkids," which we considered a well-deserved break for her after all that meal prep!

There was no arguing or pouting or trading of tasks. Everyone did his or her job, and the cleanup was very fast.

In a short time, we were all able to go for a walk and watch football without worrying about how the seemingly arduous task of clearing and cleaning was going to be shared.

Now, whenever I have a large sit-down dinner for ANY occasion that involves oblivious (read: lazy) family members, I implement my very wise sister-in-law's idea. — Everyone Chips In

Dear Everyone Chips In: What a clever idea. I love it! Thank you for sharing.

Dear Annie: I just read the letter from a reader who was put off by businesses such as Starbucks that have a habit of asking for a name with each order. Please allow me to share a trick I've been using for years.

Because I have a name that is often mispronounced, I give a fake name when asked. And to make it easier for me to remember, I always use the same one — one of my favorite tennis players from yesteryear. So when I hear "Connors" called, I know that my coffee or my table is ready.

This both protects my privacy and spares the server or hostess the difficulty of trying to figure out how to say my name. — Old Whatshisname

Dear Old Whatshisname: I'm printing your letter because I received a lot of letter with the same suggestion — to use a fake name. Your tip about repeating the same fake name is a good one, though I'm not sure Jimmy Connors, one of the greatest tennis players of all time, would be crazy about it.

"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.

Poppy seed muffins with rich, full flavour and less sugar

By America'S Test Kitchen

ANISE AND POPPY SEED MUFFINS

Servings: 12

Start to finish: 1 hour

We wanted to make poppy seed muffins with rich, full flavour; fluffy, tender interiors; and golden crusts. We were amazed to find that our go-to recipe had a whopping 22 grams of sugar per muffin, so we hoped that our new recipe would work with a sugar content of only 11 grams.

We turned to Sucanat, which we ground in a spice grinder to ensure that the tops of the finished muffins weren't speckled. Lemon zest seemed like a natural complement to the poppy seeds, but we could only add so much zest before the muffins started to taste soapy, and our muffins were still lacking flavour.

To fix this problem and to up the perceived sweetness without adding more sugar, we started by increasing the vanilla. This helped, but tasters still wanted more flavour, so we scoured the pantry for solutions. We found our answer in ground anise seeds, which had a sweet, subtle licorice flavour that rounded out the muffins perfectly.

Next, we needed to fix the texture of the muffins; they were a bit dense and tough. To create a finer crumb and a less chewy texture, we switched from all-purpose flour to cake flour. A combination of baking powder and baking soda ensured good rise and good browning, but we also increased the oven temperature and raised the oven rack to help achieve the perfect golden brown crust.

You can skip grinding the Sucanat; however, the muffins will have a speckled appearance. Low-fat yogurt can be substituted for the whole-milk yogurt, but the muffins will be slightly drier.

3/4 cup (4 ounces) Sucanat
8 tablespoons unsalted butter, cut into 8 pieces
1 1/2 cups plain whole-milk yogurt
2 large eggs
1 tablespoon vanilla extract
1 tablespoon grated lemon zest
2 3/4 cups (11 ounces) cake flour
3 tablespoons poppy seeds
2 teaspoons baking powder
3/4 teaspoon baking soda
1 teaspoon ground anise seeds
3/4 teaspoon salt

Adjust oven rack to upper-middle position and heat oven to 425 F. Grease 12-cup muffin tin. Working in 3 batches, grind Sucanat in spice grinder until fine and powdery, about 1 minute.

Melt 6 tablespoons butter in 10-inch skillet over medium-high heat until it begins to turn golden, about 2 minutes. Continue to cook, swirling pan constantly, until butter is dark golden brown and has nutty aroma, 1 to 3 minutes. Transfer browned butter to large bowl and stir in remaining 2 tablespoons butter until melted; let cool slightly.

Whisk yogurt, eggs, vanilla, and lemon zest into browned butter until smooth. In large bowl, whisk ground Sucanat, flour, poppy seeds, baking powder, baking soda, anise, and salt together. Using rubber spatula, stir in yogurt mixture until combined.

Divide batter evenly among prepared muffin cups.

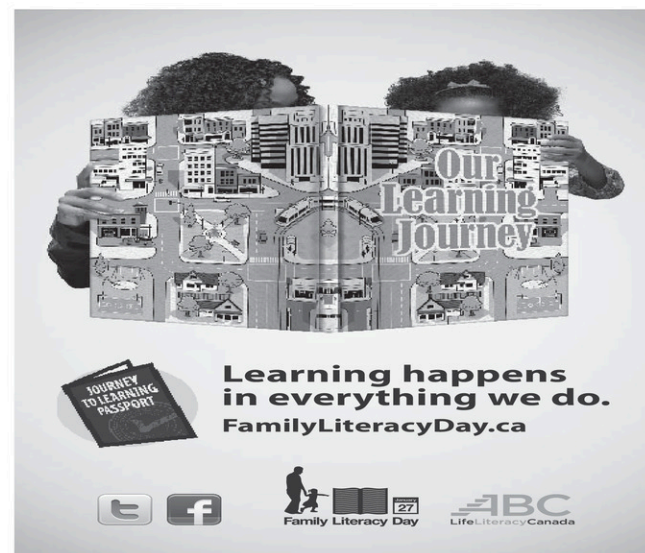
Bake until golden brown and toothpick inserted in centre of muffin comes out clean, 15 to 20 minutes, rotating muffin tin halfway through baking.

Let muffins cool in tin for 10 minutes, then transfer to wire rack and let cool for 20 minutes before serving.

Nutrition information per serving: 276 calories; 94 calories from fat; 11 g fat (6 g saturated; 0 g trans fats); 60 mg cholesterol; 350 mg sodium; 39 g carbohydrate; 1 g fiber; 13 g sugar; 5 g protein.

For more recipes, cooking tips and ingredient and product reviews, visit <https://www.americastestkitchen.com>. Find more recipes like Anise-Poppy Seed Muffins in "Naturally Sweet."

(The Associated Press)



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CELEBRITY CIPHER

by Luis Campos

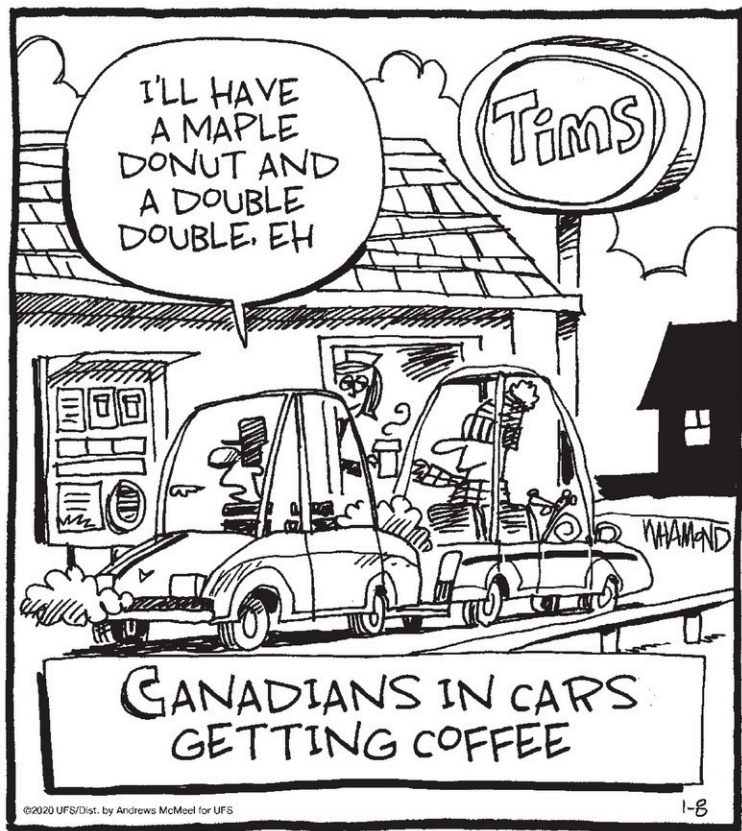
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" U KUNL J KUYKYL ECJBT. U YCUXN
YCJY'T HLJKKV YHFL RBH PV UXXLH
GFII CJ. ... PJVGL U EJX'Y YJNL
YBYJK ALJEL." — PLHLIUYC MULUHJ

Previous Solution: "I attended Barbara Walters University. I could not feel more prepared to interview anyone." — Elisabeth Hasselbeck

TODAY'S CLUE: F equals H

REALITY CHECK



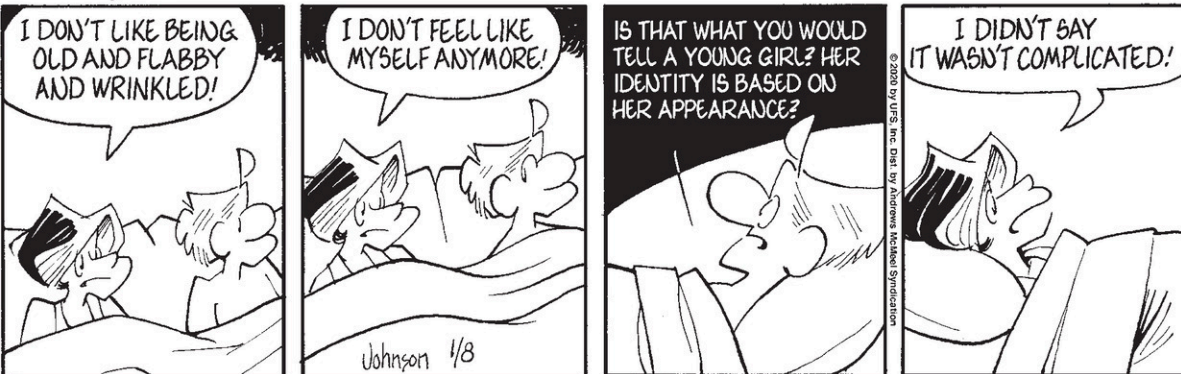
HERMAN



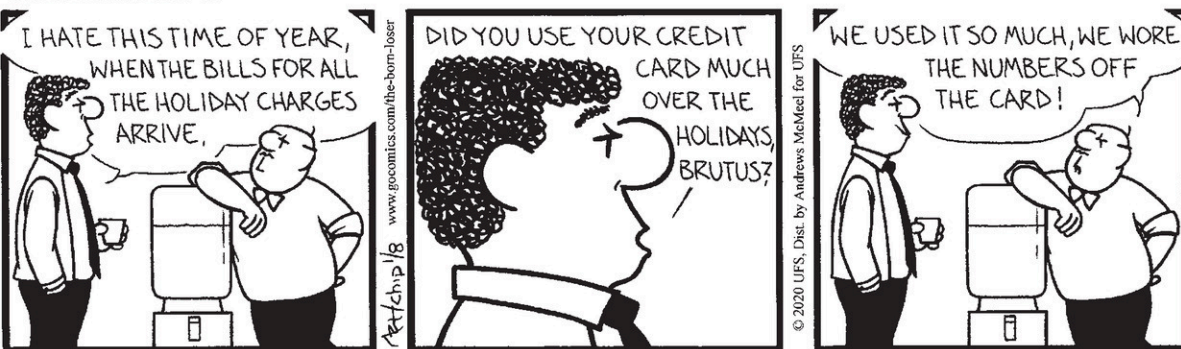
ALLEY OOP



ARLO & JANIS



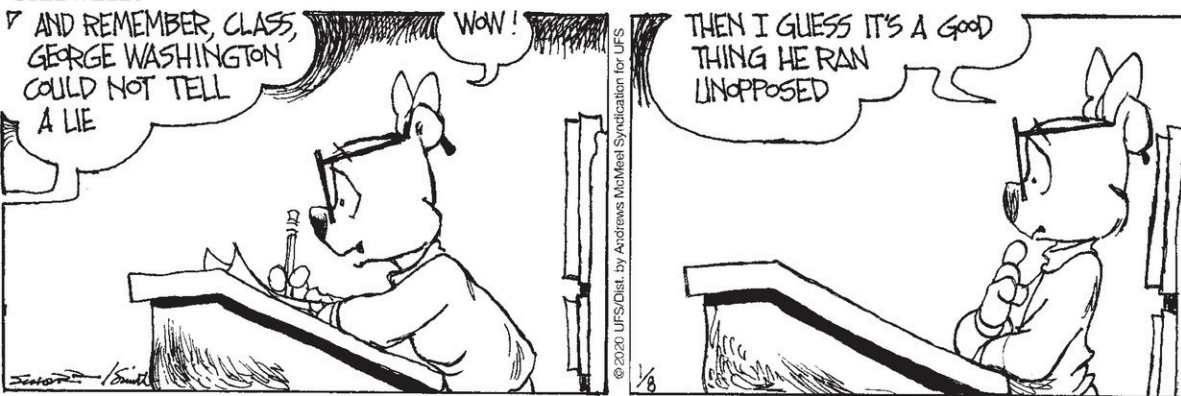
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CANADA ENERGY REGULATOR

Notice of filing of an application for a permit to build and operate an international power line

Application by Hydro-Québec TransÉnergie for a permit to build and operate a direct current power line linking Appalaches substation to the New England Clean Energy Connect project in the United States

On 30 September 2019, under section 248 of the *Canadian Energy Regulator Act*, Hydro-Québec TransÉnergie (the Applicant) filed an application with the Commission of the Canada Energy Regulator (Commission) for a permit to build and operate a 320-kV direct current international power line. The selected line route cited in this application covers a distance of approximately 103 km, from Appalaches substation in the municipality of Saint-Adrien-d'Irlande to a point located in the municipality of Frontenac, at the border between Québec and the state of Maine (United States).

The Commission wishes to inform all interested parties that it is now initiating a preliminary technical analysis of the application. Upon completion of said analysis, a second notice will be published, inviting all interested parties to submit their comments to the Canada Energy Regulator (CER) before any decision is rendered concerning the permit application. To the extent possible, the Commission wishes to minimize duplications with the provincial regulatory process, namely, the environmental assessment process conducted by the Ministère de l'Environnement et de la Lutte contre les changements climatiques [Québec department of the environment and the fight against climate change], including all public hearings consultation sessions held by the Bureau d'audiences publiques sur l'environnement (BAPE) [Québec office for public hearings on the environment].

In the meantime, the Commission encourages all interested parties to submit any comments or concerns they may have to the Applicant and to participate in the review being carried out as part of the provincial regulatory process.

All relevant documents may also be viewed as follows:

1. During regular business hours, at the Applicant's offices at 75, boul. René-Lévesque centre de documentation, 2^e étage, Montréal (Québec) H2Z 1A4.
2. During regular business hours, at the CER library, Second Floor, 517 Tenth Avenue SW, Calgary, Alberta, T2R 0A8. The application is also available online, at <https://apps.cer-rec.gc.ca/REGDOCS/Item/View/3828338>.

For more information on the process or the assessment by the CER, please contact a CER Process Advisor by phone at 1-800-899-1265 (toll-free).

L. George
 Secretary of the Commission

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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1/8

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PREVIOUS SOLUTION

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

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