

\$1.00 + TAXES PM#0040007682 THURSDAY, JANUARY 14, 2021

Daily cases continue to hover near 2,000 in Quebec

Record Staff

The Province of Quebec reported 2,071 new cases of COVID-19 on Wednesday, bringing the total number of people infected to 234,695, 202,166 of whom have now recovered.

The province also reported having administered 7,855 doses of vaccine as of Tuesday, for a total of 107,365 out of the 156,325 doses received to date.

As of Jan. 14, daily data on vaccination will be available as of 1 p.m. on Québec, ca.

In the Estrie Region there were 118 new cases of COVID-19 recorded, 84 of which were from Sherbrooke and the Haute Yamaska health regions alone.

The Estrie continued to hover close to capacity on short term hospitalizations

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Unemployment rates double in the Eastern Townships



COURTESY

By Michael Boriero - Local Journalism Initiative Reporter

The unemployment rate in the Eastern Townships has more than doubled over the last four years due in large part to a massive spike caused by the COVID-19 pandemic.

The Mouvement des Chômeurs et Chômeuses de l'Estrie (MCCE), a non-profit organization in Sherbrooke, confirmed to The Record that unemployment jumped from 6 per cent to 13 per cent during that time span.

The MCCE works closely with

Townshippers struggling with unemployment. The non-profit provides advice and information to help Quebecers get back on their feet.

The federal government has created a number of programs to reinvigorate the job market, including generating interest to become a PAB (beneficiary worker).

"I think it's understandable that

the government asks people to change their field of work because of their needs right now, but on a personal level, it's very difficult to just change your field of work because, well, we made it," she said.

There are a lot of funds remaining for the PAB program, Beaudoin continued, the government gives out up to \$9,000 in order for people to attend the mandated training program.

There are less career-altering programs available, as well. Beaudoin said the MCCE team helped many people take advantage of the

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## Weather



TODAY:  
PERIODS OF  
LIGHT SNOW

HIGH 0  
LOW -10



FRIDAY:  
SUNNY

HIGH 0  
LOW -6



SATURDAY:  
SNOW OR RAIN

HIGH 3  
LOW -0



SUNDAY:  
SNOW

HIGH 0  
LOW -11



MONDAY:  
CHANCE OF  
FLURRIES

HIGH -5  
LOW -12

# Rock this house



ROSS MURRAY

It's a lousy time, in the middle of winter and a global pandemic, but we discovered this week that our house is infested with rock stars.

These things happen in older homes. When we first moved in 25 years ago, we noticed traces of opera singers in one corner of the basement, but we quickly eradicated it by fumigating the aria. About 10 years ago, we had a spot of ska behind the sofa and worried that it might develop into full-on reggae, but it turned out to be just a fad.

Rock stars are a whole other story. Left untreated, rock stars can lead to major structural and hearing damage. Once they get into your house, they're hard to get rid of. I know people who've had Keith Richards for years, and if you get The Who in your house, forget it. You think, "That's it, they're gone," but The Who keeps coming back and back over and over.

One of the worst rock stars you can get is Bob Mould because there's absolutely nothing you can Husker Dü.

For the longest time, people used to

find Prince in their pantries, but that wasn't necessarily a bad thing. I haven't had pantry Prince in years...

At any rate, I was nosing around in the back of a kitchen drawer last week, looking for a little self-respect, when I noticed a tiny Jon Bon Jovi. Dammit, you can seal your house up as tight as a drum and Jon Bon Jovi will still find his way through the smallest of cracks. And it doesn't take much to keep Jon Bon Jovi alive, just the tiniest bit of moisture, hair gel maybe and, heck, he could even be livin' on a prayer.

"Okay," I thought, "I can get rid of Jon Bon Jovi with a little bleach on a Q-Tip." But then, upon closer inspection, I found the whole wall behind the drawer was crawling with Fleetwood Mac.

This was a bigger problem than I anticipated. I called the exterminator.

"I've been expecting your call," he said.

"Did someone tell you I had Fleetwood Mac?" I asked

"I've heard Rumours," he replied.

He came over to take a look.

"Yup," he said. He peered into the space and tried attracting the rock stars by waving a lighter flame over his head. "You've got all kinds of Fleetwood Mac. Look, you got Peter Green in the corner over there and you're teeming with Christine McVie. There's even a trace of Billy Burnette, which is very rare. I better give the house a full inspection."

I was shocked at what he found. "Look at this," he said in my living room. "Glitter and sequins here, some spandex residue and—uh-oh." He prodded something in the corner with

his VIP pass. "Just as I thought: groupie droppings."

Sure enough, my whole living room was overrun with 70s-era rock bands. That explained why the television kept being thrown over the balcony.

He cut open a small space in the dining room wall. Inside we found Rick Springfield, Rick Wakeman from Yes, Rick Astley, Rick Danko of The Band. Rik Emmet of Triumph stuck his head out. "I can help," he said.

"No thanks," I replied. "All in all you're just another Rick in the wall."

I wasn't too upset because these rock stars had obviously been around a long time and hadn't been bothering me. I mean, it's not like the house was ankle deep in ABBA.

But upstairs, the inspector found all kinds of rock stars I'd never even heard of. In the corner of the spare bedroom, he found Lil Nas X.

"Is there a lot?" I wondered.

"Just a Lil," the inspector replied.

In another spot, I had Post Malone. "Too bad," said the inspector. "If we'd caught this when it was Pre Malone, you would have been okay."

I had The Weeknd in the attic. "That's a shme," I said. "What can I do?"

"Well," said the inspector, "normally with these newer rock stars you would just wait until they go on tour, but this season's not looking good for that. If you force them to live off music streaming revenue, they might starve to death, but there's no guarantee."

Ultimately, we decided to take drastic measures, and that was, ironically, introduce Talking Heads. That's right: we're Burning Down the House.

## Daily cases

CONT'D FROM PAGE 1

on Wednesday, even as capacity was increased slightly from 74 to 79 beds. After remaining stable for two days, the number of ICU beds in use increased to 11 out of a maximum of 25. Five of the beds in use in the region

were for interregional transfers, although the CIUSSS de l'Estrie - CHUS did not clarify whether these were short-term or intensive care beds.

As of 11 a.m. 4,497 doses of

vaccine had been administered to targeted healthcare workers within the Townships. The vaccine remains inaccessible to he general population at this point in time.

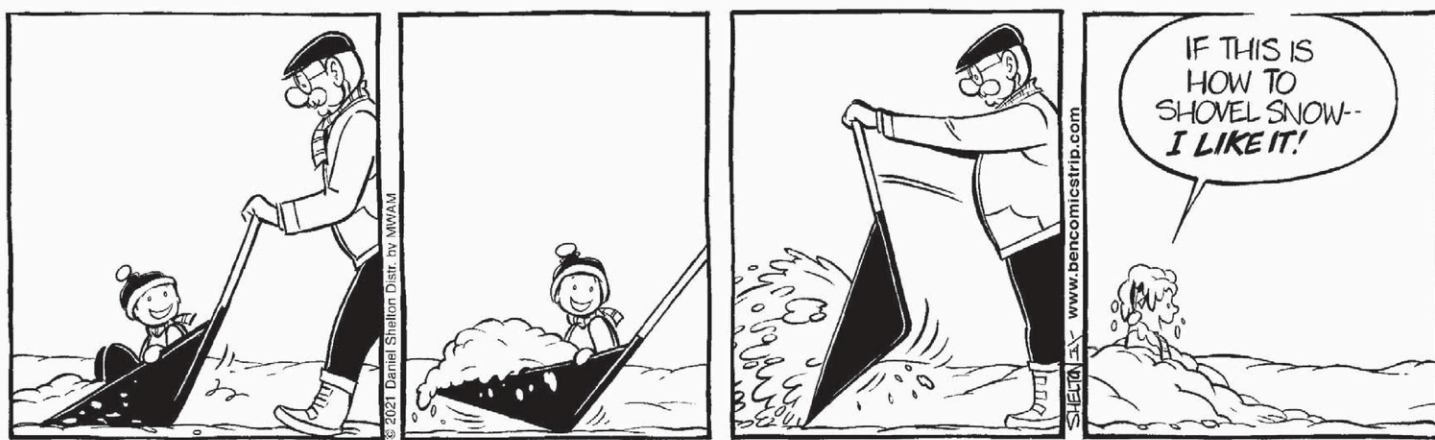


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## Ben by Daniel Shelton



# Local News

The women will talk about their personal experience of farming; about what draws them to it and keeps them going, but also about its challenges and the issues that affect their daily lives.

## Actions Interculturelles offering free online programming

By Gordon Lambie

With the extension of the lockdown and the tightening of restrictions, Sherbrooke-based cross-cultural action organization Actions Interculturelles is engaging in a range of free activities online and, in a very limited way, in person to continue its work of promoting cultural diversity.

"We're really in a good position to give (people) a hand," said Jacqueline Belleau Regional Director for the Estrie Region and Quebec with Actions Interculturelles, explaining that the organization just hired a new fully bilingual employee to help specifically with its youth employment program. "We want to make sure our employment programs are as easy to access for anglophones as francophones," she said, acknowledging that language barriers can often stand in the way of a skilled labourer finding their place with an employer they are otherwise well suited to.

Through a mandate from Emploi Quebec, Actions Interculturelles offer s free, personalized support in French and English to help people 30 and

under to find a place in the job market. This, according to Belleau, can be a matter of finding resources to improve language skills or an opportunity to workshop resumes, but also includes a 20-30 week paid job placement where the organization works with both employee and employer to try to ensure a good fit.

"It is very personalized," she said, explaining that the program is based around attention to the youth's skills and abilities and involves direct consultation along the way, and adding that it has adapted will to the realities of the pandemic, with group training sessions possible online and one on one meetings still possible under certain conditions.

On the other end of life, Belleau said that Actions Interculturelles has been able to adapt the program of "intercultural conversation cafés" for seniors that were being developed with Grace Village in Lennoxville to a digital format.

"These are so good," the regional director said. "It's all about trying to exchange between youth and seniors."

Belleau explained that the exchange pairs up a youth from the organization's

"Dialogue+" anti-racism program with groups in senior's homes for exchanges that cross generational and cultural divides. "It breaks up some of the monotony and isolation," she added, explaining that topics cover broad areas of interest from traditional practices in other cultures to language skills.

The regional director also highlighted the "Defi user avancer" mentoring and workshop services on skill and leadership development for immigrant, First Nations and Canadian women who want to take on new challenges, laughing as she noted that it was her involvement in this program that led her to take on her current job in the first place.

"It is one of my favourite projects," she said, stressing the focus of empowering women across all walks of life and throughout the country. "It is all about empowering women."

In this case Belleau said that a baseline level of French is important because the activities do take place unilingually, but she described the tone of the activities as an immensely supportive immersion environment.

For those intimidated by the idea of

accessing any or all of these resources on the computer, Actions Interculturelles has an answer for that too. The PING! Internet training project, Belleau said, is very popular and offers assistance from the most basic level of computer operations to more advanced concepts like fact-checking online sources.

The only hiccup in the accessibility of this program for English speaking seniors is that the bilingual resource person associated with the program is working out of Ottawa, meaning that anyone looking to take advantage needs to have at least some comfort interacting online already.

"These are things that can be hard to explain over the phone," Belleau said

In light of the challenges around getting in contact at the moment, the regional director said that anyone looking to reach out about any of the programs of Actions Interculturelles can call her directly at 873-662-2334.

The organization also just launched a new website, aide.org, with more information on all of its programs, although Belleau said that most information is not yet available there in English.

## Panel discussion on women in agriculture

Record Staff

The Centre for Access to Services in English (CASE - Mauricie-Centre-du-Québec) and Ça pousse! will hold a second event next week as part of their bilingual, online discussion series, "Window Onto Local Farming."

The goal of the series is to bridge urban and rural realities through respectful discussion and sharing experiences and viewpoints. Held virtually, the exchanges and panels maintain a "seated around the kitchen table" feel to encourage sincere and relaxed discussion of important topics in agriculture. Everyone is welcome.

The next bilingual panel discussion will be held on Thursday, Jan. 21 at 7 p.m. on Zoom, and the focus will be on women. Entitled "Être femme en agriculture / Women in Agriculture", the event will feature a discussion with four women from a variety of different backgrounds but for whom agriculture is a way of life.

The guests will include Maria Enright, co-owner of the dairy farm, Pavue Farms, Richmond, QC, Marion Beard, retired nurse and past co-owner of Beardson Ayrshire Farms, Marie-Anne Viau, President, Cultiver Montréal, and Rose Allen, co-owner, Les paysans gourmands.

The women will talk about their

personal experience of farming; about what draws them to it and keeps them going, but also about its challenges and the issues that affect their daily lives. They will reflect on the many changes happening in agriculture, including whether women's participation has changed over the years, and what they think the future holds not only for women but also for families in the agricultural sector.

The discussion will also include a visit from Compton-Stanstead MP Marie-Claude Bibeau, the first woman to act as the federal Minister of Agriculture and Agri-Food. Bibeau will lead off the evening by sharing some of her

experiences in her role as Minister, and what she has learned about farming families across Canada, especially the strengths and challenges of the women she has met in this sector. Following Bibeau's reflections, a panel discussion will be facilitated by Carole-Anne Lapierre of Ça pousse!, and Julie Miller of CASE-MCQ.

The panel discussion will take place in both French and English. Simultaneous translation provided by professional interpreters in both languages will be available throughout.

To register and get the Zoom link for the panel discussion, please visit: [www.capousse.com/panels-agurbaine-rurale](http://www.capousse.com/panels-agurbaine-rurale).

## Unemployment rates

CONT'D FROM PAGE 1

government's Canada Emergency Response Benefit (CERB) before it was shut down.

Now they help Quebecers navigate the application process for the Canada Recovery Benefit (CRB). But qualifying for CRB, like its predecessor CERB, can be confusing and tedious, Beaudoin added, there was a learning curve for everyone, including MCCE employees.

"It's really complicated and the thing is we know unemployment benefits, we know it well, but the CERB and CRB is really new to us, too, but usually at the MCCE we give advice according to what the government says," said Beaudoin.

However, the problem is these programs aren't offered to all Quebecers.

According to Beaudoin, some fields are more neglected than others, for example, artists have been unfairly targeted throughout this entire pandemic.

"If they're self-employed they can't really have access to it," she said. "It's a really specific angle that doesn't allow them to have access to it."

The Artistes Reconnues par une Rémunération Équitable au Travail (A.R.T) is a group fighting to protect and improve an artists' rights in Quebec. The organization recently published a 20-page brief detailing the work inequalities artists deal with every day.

"We were one of the first sectors to close and we are going to be one of the last to get back up," A.R.T founder Ariane

DesLions said in a previous story for The Record. The MCCE has also backed the A.R.T's initiative.

While unemployment is growing in the Eastern Townships, Beaudoin noted one group has stuck out more than others. There are many types of workers currently furloughed or laid off, she explained, but the youth population is struggling to find work.

"We see much more young people than before, because a lot of young people, if you're a student for example, you're going to work as a barista, or a clerk," said Beaudoin.

Student jobs are hard to come by with Covid lockdown measures limiting normal opportunities. But this part

of the Quebec population can access government programs, according to the legal assistant, unemployment benefits weren't always available in pre-Covid days.

When asked about the longterm impact of young Quebecers losing out on valuable job experience, Beaudoin said she expects employers to go easy on them. The pandemic has entered its second year, and everyone is running in the same race.

"The thing is that it's really difficult for everyone, so it's really negative, but in a way it's really positive because everyone is in the same boat, so there's going to be some understanding," said Beaudoin.

# Online Reading Buddies project renewed

Record Staff

The Online Reading Buddies program, which matched volunteer readers to Kindergarten students from the Richmond, Danville & Drummondville area Community Learning Centre (CLC) schools, has been approved for a second session after its pilot this past fall proved successful. The project is a joint effort between CASE-McQ, the Comité ÉLÉ of the Val-Saint-François MRC, Townshippers' Association and the Richmond, Danville and Drummondville area CLC and it aims to connect families with community members who can share the love of reading safely together despite COVID-19.

During last fall's pilot sessions, 17 volunteer readers read to children and their parents in weekly online meetings over the course of four weeks. According to project coordinators, the activity's feedback showed that 100 per cent of volunteers and parents said they would recommend the program to others.

"In the context of the pandemic and related social restrictions, this program offered a wonderful way to connect with young students while disconnecting from daily life, news, stress, etc.," one volunteer shared. "I could see the curiosity and joy in my reading buddy's eyes as we read and discussed the books. As a volunteer, this was very rewarding."

The Online Reading Buddies program was

created based on the idea that when young children are read to, it not only promotes literacy but also contributes to their social and emotional development. The program was developed to give more support to families at home to participate in a pleasurable reading activity, and was praised by participants as a rare opportunity for one-on-one English interaction.

Funding for the pilot project was provided by CASE-McQ and Townshippers' Association, along with a "Our Vital Community" microgrant.

Local community members in the Richmond, Danville or Drummondville area who are comfortable with technology and interested in volunteering for the Winter 2021 session beginning in February are invited to contact Geneviève Manseau by January 18 at manseaug@edu.etsb.qc or at (819) 437-4126. Volunteers receive training and tools including access to an online library as well as on-going support by a program coordinator throughout the four-week session.

The Richmond, Danville and Drummondville area CLC, comprised of Richmond Regional High School, St. Francis Elementary, A.D.S. Elementary and Drummondville Elementary, belongs to LEARN's Network of close to 80 Community Schools in Quebec, known as Community Learning Centres (CLC Schools). CLC Schools adopt a school-wide approach to develop partnerships aligning and community resources for students and English-speaking community members.

## Pandemic drives students to delivery jobs

David Rossiter  
Special to The Record

Employment has been a source of stress for many this year. Last spring, COVID-19 forced many businesses to shut their doors indefinitely.

As the requirement to "stay home, save lives" continued, people needed a way to receive goods and food. Delivery services filled that need perfectly.

Constant demand in the face of lockdown restrictions made food and packaging delivery quite an attractive job opportunity for many people, including young Sherbrooke residents.

Pascale Desmarais is in her third year at Bishop's University in Lennoxville. As the 2020 school year was drawing to a close, Pascale was looking for summer employment opportunities in her native Toronto.

"I was hired to be a leader for summer camps in the city, but then I was like there's no point, no one knows what's going to happen, I don't have a location set because locations keep getting cut."

She decided to pursue an opportunity delivering packages for FedEx.

"Applying with FedEx definitely had to do with the pandemic, I don't see myself doing it otherwise. Although I've realized since it's something I enjoy doing."

As summer ended, the demand for delivery followed her back to school. Her boss approached her about working in Sherbrooke since they needed more drivers.

Pascale hasn't worked at FedEx for very long, but she believes that the pandemic has made them busier than ever.

She brought up Montreal based retailer David's Tea as an example. The company has massively restructured this year and permanently closed most storefronts, including the only Sherbrooke location, to focus on online sales.

Pascale said that at least in Sherbrooke, FedEx has taken on the responsibility of shipping and delivering this higher volume of online sales.

"We have pallets and pallets of David's tea going out, which just wouldn't be happening otherwise."

Job opportunities with companies like FedEx and its contemporaries are abundant thanks to this increase in demand.

"When I started in Sherbrooke (this fall) there were about 20 of us couriers. Now there are about 40," Pascale said.

Edmond Ngantung just graduated from Bishop's University. He is approaching his one-year anniversary as a driver for "SkipTheDishes" an online food delivery company.

He continues to live in Sherbrooke and work for SkipTheDishes, as he sets his sights on a master's degree in the future.

Edmond couldn't say whether his company is now busier since, "I only joined Skip around the same time that the pandemic began." But he thinks there must be high demand for employees since he often sees newly signed up drivers in Sherbrooke.

He said that being a food delivery man during the pandemic is full of challenges. Especially having grown up in Indonesia and not having French or English as a mother tongue.

"I almost hit two deer last month after a big snow. I was on the way home from a delivery."

Edmond said other challenges include stringent cleanliness measures to prevent the spread of COVID-19 and miscommunication between customers and restaurants through the "Skip" app.

"One time a customer changed their address after I had already set out to deliver the food."

He made sure to emphasize that his company is very helpful whenever anything goes awry, and that he is happy to be delivering food for people during Covid.

"I think this is the best part-time job during the pandemic, especially for students" he said.

## 2020 Babies!



Proud parents, grandparents, aunts and uncles, show off your pride and joy in our "Babies of 2020" edition of The Record to be published on January 22, 2021.

Mail or email a colour photograph of the baby with: baby's name, birth date, parents' name, hometown and 10 words describing the little tyke, along with \$20. (taxes included), daytime phone number and a stamped, self-addressed envelope to

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# The Border Report | *Monday night's meeting, where the taxation bylaw 2020-6 was adopted, was posted to YouTube on Tuesday and had 13 views yesterday afternoon.*

## Apply yourself with a little help from Phelps



**W**ith 2020 now behind us, many are looking to make 2021 a brighter year. What better way to do so than to apply your-

self to your education or a new career. Applying yourself can look differently, depending on what your goals are. Whether it be to finish your

high school diploma, register for a professional program, apply to post-secondary school or a new job, the Compass program at Phelps Helps is ready to support Stanstead youth ages 14-30 make 2021 a year of growth!

The application season for Quebec's post-secondary schools is currently in full swing. Quebec CÉGEPs and universities are currently accepting applications for Spring 2021 and Fall 2021 admission. The deadline to apply is March 1st, 2021. However, CÉGEPs will have two more rounds of applications after March.

Similarly, local vocational training centers have also begun accepting registrations for both Summer and Fall 2021. Registration is ongoing throughout the year, so there is never a bad time to get started!

With so many options and information available, deciding what and where to study can be a daunting task, so let Phelps help by booking a free appointment with our Compass Coordinator to navigate the application process. Meetings can be scheduled online or in-person by contacting Elizabeth Courchesne at [ecourchesne@phelpshelps.ca](mailto:ecourchesne@phelpshelps.ca).

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at [info@phelpshelps.ca](mailto:info@phelpshelps.ca), visit our website [www.phelpshelps.ca](http://www.phelpshelps.ca) or call our offices at 819-704-0799.

## Stanstead embargoes public information

By Matthew McCully

**T**he municipality of Stanstead has placed an embargo on budget information stemming from Dec. 14, 2020 and Jan. 11, 2021 council meetings in order to release it in their municipal newsletter, accompanied by glowing comments from the mayor.

Stanstead will be freezing property taxes for 2021.

According to general manager and town clerk Jean-Charles Bellemare, the council wants residents to see it in their newsletter before reading about the goings on in their town in a newspaper.

Veiled snippets are available to anyone interested in viewing the Dec. 14 and

Jan. 11 council meetings, posted on YouTube.

The Dec. 14, 2020 meeting, during which the budget was adopted, was posted on Jan. 11 and by press time yesterday had nine views.

Monday night's meeting, where the taxation bylaw 2020-6 was adopted, was posted to YouTube on Tuesday and had 13 views yesterday afternoon. The meeting also includes the adoption of four other bylaws, 2020-7, 2020-8, 2020-9, and 2020-10, to build reserves of funds for maintenance and infrastructure projects so when the time comes, the town won't be hit with a big surprise bill.

When asked for details, Bellemare

suggested journalists usually 'do their research' and see for themselves what information is available to the public before calling him.

Following roughly five minutes of research, The Record discovered the bylaws in question, referred to during the meetings as made available to the public, were nowhere to be found on the town's website.

When asked for a copy of the bylaws, Bellemare said he would ask that they be sent, but pointed out that the pandemic would almost certainly delay the email until after press time.

The Record called the mayor for comment, but received no reply.

## North Hatley bridge closing again

Record Staff

**F**rom Jan. 18 to Jan. 29 (included) the Massawippi River Bridge on Main Street in North Hatley will be closed again to complete the work undertaken last year. The closure was always part of the construction plan laid out by the transport ministry.

### FRONTIER ANIMAL SOCIETY

## Featured pet: Henrietta

**H**enrietta is a lovely girl who was found wandering outdoors in mid-December. She was then brought to our shelter for safe keeping. Our hope was that she had a family searching for her but with no identification and despite every effort to locate an owner, Henrietta was not claimed. She is now up for adoption.

Henrietta has been to our vet and is in good health. She will be sterilized tomorrow (Jan 15th) after which she will be ready to leave the shelter and settle into her new home. The only problem is, she doesn't have one yet.

Henrietta, who is approximately 3 years old, has a sweet disposition and responds to our attention with affectionate head butts. When being

pet, she will sometimes emit a low rumbling noise—it almost sounds like a growl—but it seems to be her way of vocalizing her enjoyment. Henrietta loves to be brushed which is the one sure way to get her to purr. Although not the most playful of cats, Henrietta is curious and engaged and this friendly and gentle girl definitely enjoys human companionship.

If you are looking for a sweet and adorable young cat to add to your family, please consider Henrietta. If you would like to meet her, please give our cat adoption coordinator Linda a call at 819.868.2684 and she will be happy to set up your visit.



# EDITORIAL

*This was not a peaceful protest. This was not a group of Americans exercising their right to free speech.*

## The GOP (The Grand Ostrich Party) takes its head out of the sand



TIM BELFORD

dismissed as fake news. Every mail-in ballot was labeled as a potential scam and thus invalid. He railed against states with Democrat administrations saying they were rigging the election. When states with Republican administrations voted Democrat he urged them to reject the results; all to no avail.

Finally, in an act of desperation the like we haven't seen since Custer ensured his troops that they'd be fine if they just formed a circle, Trump encouraged his followers to march on The Capitol and force the law makers there to reject the Electoral College's confirmation of Joe Biden as President of the United States. Was this too a part of the "smooth transition?"

This was not a peaceful protest. This was not a group of Americans exercising their right to free speech. This had nothing to do with the right of assembly. This was simply a mob of malcontents intent on mayhem, egged on by an individual who, having sworn to defend the constitution, happily tossed it out the White House window - probably unread like most of his briefing papers.

Peaceful protesters don't smash down doors and break windows. They don't trash offices or attempt to injure those who occupy them. They don't attempt to kidnap duly elected senators and members of Congress. They don't bring packages of plastic wrist restraints. They don't carry spears, clubs and crow bars. And they most assuredly don't plant pipe bombs in the centre of government.

The members of the Republican Party are now falling all over themselves in an attempt to put as much distance as possible between them and a leader who they have just now, this very minute actually, come to realize is a megalomaniac who cares only for himself. They are all completely astounded at how he could have hidden his true nature so well over the last four years.

And if you believe that you'll probably buy the "smooth transition" malarkey.

**N**ews flash: Donald Trump accepts Biden victory and promises to provide a smooth transition to the new Democrat administration. Mind you, this kinder and gentler Trump only surfaced a week or so before the inauguration ceremony is set to take place, whether he 'accepts' it or not.

I know it has been said before by politicians, heads of state, the entire op-ed section of the New York Times and countless academics with way more intelligence than I possess, but the man is a doofus, pure and simple.

How else would you explain his refusal to accept the duly counted, certified and triple-checked results of the November election? Sure it was a close one. Seventy million plus voters actually showed they wanted him back for four more years. Then again, there is almost that many Americans who believe Elvis still walks the earth and that Neil Armstrong took his "giant step for mankind" in a secret television studio in Burbank.

Pardon me if I'm a little cautious about Trump's sincerity. He predicted, starting last January, that if he didn't win the election it could only be because of massive fraud. He then spent the entire period leading up to the vote dodging the question whether or not he would accept a defeat at the polls. Every poll predicting a slim Biden victory was



### Letters

#### My Take

**T**housands of thugs who assaulted the American Capitol are just waiting for more instructions. Families of Senators and Congressional leaders are in danger. The whole world is watching. Justice must prevail. This Confederacy must be nipped in the bud.

By ERIC LANCASTER  
SHERBROOKE

**I**would like to comment on the poem from Tim Belford, 'A visit from St. Nicholas...I think'. Did he compose himself? If so, kudos to him. Very good. I Would also like to comment on article by Claudia regarding past Christmases...very interesting.

My best to all of you at The Record for 2021.

VERN DOYLE

#### Haiku for Tom Matthews and a Limerick

With no trumpet blown,  
our moral barometer  
records high pressure:

There was a resident writer named Tom  
who penned a haiku 'bout a mob that went wrong.  
The trump in a suit  
led the pack, giving root  
to sedition, the name of their song.

SINCERELY,

STUART MCKELMIE  
SHERBROOKE

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.

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# Local Sports

## NHL kicks off 56-game season for 2020 21 as COVID 19 continues to spread

The Canadian Press

The Toronto Maple Leafs tweeted "Game On."

Montreal sparkplug Brendan Gallagher expressed his excitement for renewing one of the oldest rivalries in Canadian sport on opening night.

It's January instead of October and there will be no fans instead of 19,000-plus, but the hype machine still was whirring on Wednesday ahead of the Habs-Leafs all-Canadian division opener at Scotiabank Arena.

"These new guys are going to get to understand the Montreal-Toronto rivalry pretty quickly, especially with the division format," Gallagher said. "It will be a lot of fun for us players to be a part of. It's going to be competitive and emotional. If you don't enjoy it, I guess you're playing the wrong sport."

The Leafs released a video ahead of the opener, with visuals of virtual fans and the Toronto skyline setting the scene for what promises to be a unique night.

The NHL is kicking off its abbreviated 56-game season as the COVID-19 pandemic continues to spread in North America.

The league says it has put comprehensive health and safety protocols in place in hopes to minimize exposure to the coronavirus.

But unlike the league's restart of the 2019-20 season that saw teams play in isolated environments in the hub cities of Toronto and Edmonton, teams will host games in their own arenas and travel for road games.

And there have already been cracks. The league said 27 players had confirmed positive tests over training camp, including 17 players on the Dallas Stars.

As part of the league's plan to play during the pandemic, all seven Canadian teams will play each other exclusively in the one-time-only North Division.

Another all-Canadian matchup is on tap Wednesday as Edmonton welcomes Vancouver.

South of the border, the Detroit Red Wings named Dylan Larkin captain and the Florida Panthers got star goaltender Sergei Bobrovsky back for the first time since training camp started. Bobrovsky was previously declared unfit to play.



## Time spent with family is an opportunity to take care of yourself

These uncertain times may lead to negative emotions or anxiety. Regularly engaging in physical activities that you enjoy, especially outdoors, could help you feel better.

[Québec.ca/gettingbetter](https://quebec.ca/gettingbetter)

Info-Social 811

## Curling Canada adds three wild card teams to field for the Scotties and Brier

The Canadian Press

Curling Canada is expanding the field for the Scotties Tournament of Hearts and Tim Hortons Brier.

The usual 16-team field will have two extra wild-card teams when play begins next month in the so-called bubble at Calgary's Markin MacPhail Centre.

The play-in game was cancelled so there will be three wild-card teams in all, along with the defending champions and 14 provincial representatives for each competition.

high-performance teams were denied the opportunity to qualify this season since several associations cancelled their playdowns due to the COVID-19 pandemic.

The final rankings from last season will be used to determine the two teams that would have played in the wild-card game. Instead, they will get automatic entry in the main draw.

A third wild-card entry- bringing the field to 18- will be granted entry on criteria "to be determined," which would allow for a balanced draw featuring two pools of nine teams.

Votre gouvernement

Québec

## Death



**Ruby  
Margaret  
Kimball  
(Nee  
Johnson)  
1920-2021**

On Saturday, January 9, 2021, Ruby Kimball, loving mother and nana, passed away in the presence of family, at the age of 100. Beloved wife of 64 years of the late Roland Kimball, she will forever be in the hearts of her daughters, Anne (Howard), Ida (Dalton), Joan (Kalvin) and Eileen (Norm). She also leaves to mourn her loving grandchildren, who all held a special place in their Nana's heart, Cynthia (David), Adam (Rachel), Gerrit (Tawnia), Trevor, Evan (Amanda), Aaron (Melanie), Miranda (Doug), Jordan (Johanne), Kathryn (Ryan), and Kristin, as well as her great-grandchildren, nieces and nephews. Predeceased by her parents, William & Margaret (MacDonald), and her brother Gordon (Bernice). A private graveside service will be held in her honour.

The family would like to thank Manoir Lac Brome for making it Mom's home for the past 5 years and the BMP 3rd floor staff for their compassion and professional care during the past 3 months.

Donations in her memory made to The Knowlton Cemetery Co. (178 St Paul, Knowlton, Qc J0E 1V0) would be appreciated.

# Datebook

THURSDAY, JANUARY 14, 2021

Today is the 14th day of 2021 and the 25th day of winter.

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

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

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

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

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

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

(1968-), rapper/actor; Jason Bateman (1969-), actor; Dave Grohl (1969-), singer-songwriter; Grant Gustin (1990-), actor.

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

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

**TODAY'S QUOTE:** "Do what you love; you'll be better at it. It sounds pretty simple, but you'd be surprised how many people don't get this one right away." – LL Cool J

**TODAY'S NUMBER:** 35.6 million – estimated population of Morocco in 2020.

**TODAY'S MOON:** Between new moon (Jan. 12) and first quarter moon (Jan 20).

## Do Just One Thing



By Danny Seo

If you suffer from seasonal allergies caused by pollen or dust and dust mites, you might want to drag out the vacuum on a more frequent basis. Turns out regular vacuuming helps do more than just pick up crumbs and dirt; it's also a fantastic way to eliminate dust mites, dust and other allergens. When you walk through a room, your movement can kick these allergens into the air, decreasing the indoor air quality of your home. A few minutes of simply vacuuming can lead to much healthier air.

NEXT TRAIN

---

18:34

› If this feels like a math test, visit [mathliteracy.ca](http://mathliteracy.ca) or call 1-800-303-1004.

Math solves problems

Library Foundation  
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Fig. 16

## Dad's diabetes causes painful peripheral neuropathy in feet



### ASK THE DOCTORS

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

**Dear Doctor:** My dad is 65 years old and has Type 2 diabetes. He recently developed pain in his feet, which his doctor says is peripheral neuropathy. What is that, and what treatments are available?

**Dear Reader:** Neuropathy is a condition in which the nervous system malfunctions due to either disease or some kind of damage. The addition of the word "peripheral" means the problem lies in the vast and complex network of nerves that serves the body.

The peripheral nervous system collects and sends vital sensory information to the central nervous

system, which is made up of the brain and the spinal cord. When you drop that hot frying pan handle, break into a sweat on a hot day or keep your balance with your eyes closed, that's all thanks to information your peripheral nervous system has sent to your brain.

It's estimated that 20 million people in the United States experience some kind of peripheral neuropathy. Sometimes the damage is limited to a single nerve, but most often the condition affects groups of nerves. Symptoms include numbness, twitching, throbbing or tingling, burning sensations, problems with balance, or skin sensitivity so acute that ordinary stimuli, like the touch of a shirt on bare skin, are interpreted as pain.

When the motor nerves are affected, peripheral neuropathy causes muscle weakness and can often lead to the loss of muscle mass. If the nerves that serve the organs or glands are involved, it can result in impaired digestion, perspiration, urination or sexual function. At its most extreme, peripheral neuropathy causes breathing difficulties, or leads to organ

failure. Fortunately, this is rare.

Diabetes is the most common cause of peripheral neuropathy. Other factors include infections such as shingles or the Epstein-Barr virus, certain kidney disorders, vitamin deficiencies, physical damage, cancers that press on or infiltrate nerve fibers, or autoimmune diseases that cause the body to attack its own tissues. Exposure to toxic industrial and environmental substances such as lead, arsenic or pesticides as well as medical agents like chemotherapy drugs can also lead to the condition. So can heavy alcohol consumption.

Your father's symptoms began in his feet, which is common among people with diabetes. He may also experience numbness, a decrease in foot and ankle reflexes, trouble with balance and coordination, and an increase in foot problems like ulcers and infections. This is due to tissue damage resulting from chronic high blood glucose levels, as well as decreased circulation, which occurs because diabetes causes the blood vessels in the foot and leg to become stiff and grow narrow.

Treatment for your father's

condition will focus on two things – carefully controlling his diabetes to prevent further nerve damage, and giving him relief from the existing pain. Mild pain often responds to over-the-counter NSAIDs. Medications like antidepressants, anticonvulsants and narcotics are used for chronic pain. Procedures like electrical nerve stimulation have shown promise. Physical therapy and specialized footwear can also help.

Pain treatment is often most effective when there's an ongoing dialogue. Be sure your dad shares all his symptoms with his doctor, and follows up with regular progress reports.

*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.*

*(Send your questions to [askthedoctors@mednet.ucla.edu](mailto:askthedoctors@mednet.ucla.edu), or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)*

# Health benefits of popcorn

Many people will say that no movie marathon is complete without a big bowl of popcorn. Movies and popcorn have been linked for decades, but popcorn is more than just a must-have on movie night.

Popcorn lovers may be surprised to learn just how healthy this beloved snack can be.

- Popcorn can help lower cholesterol. Like many other foods, popcorn is full of fiber. Fiber attaches to cholesterol particles and helps prevent them from entering the bloodstream and traveling to other parts of the body, according to Verywell Health.

- Popcorn promotes healthy digestion. The same fiber that helps reduce cholesterol also promotes healthy digestion. Popcorn is a whole grain and the high fiber content in popcorn can alleviate constipation by stimulating the peristaltic motion of the smooth intestinal muscles and the secretion of digestive enzymes.

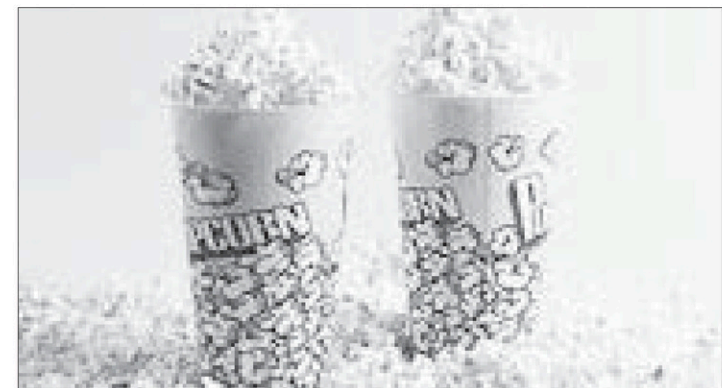
- Popcorn can help regulate blood sugar. The fiber in popcorn can regulate the release and management of blood sugar and insulin levels, potentially helping people with diabetes.

- Popcorn has disease-fighting properties. OrganicFacts.net says popcorn has polyphenols that act as antioxidants in the body. Antioxidants reduce oxidative stress and can fight against the development of chronic diseases. They also may prevent the development of age-related symptoms like age spots and wrinkles.

- Popcorn is a low-calorie snack. A cup of air-popped popcorn comes in at just around 30 calories. That means you can overindulge a bit on popcorn and it won't lead to overconsumption of calories. One serving of popcorn has five times fewer calories than one serving of potato chips.

- Popcorn keeps you feeling full. Thanks to its high fiber content, popcorn can fill you up and stave off hunger pangs.

Popcorn has plenty of hidden benefits that make it a healthy snack.



## Cheers to 60 years! Ronald and Beverley Jones



*Today as both of you look back with happiness and pride,  
Upon the 60 cherished years that you have spent side by side,  
May every memory that you share of dreams you've seen come true*

*Help make this special "diamond" day a happy one for you!*

**Happy Diamond Anniversary!**  
With love from your  
children, grandchildren and great grandchildren

# Gratitude lacking

Dear Annie

THURSDAY, JANUARY 14, 2021

Dear Annie: There are three sisters in my family. Two of us are childless. Our other sister now has seven grandchildren. Every Christmas and birthday, my other childless sister and I send a check to each grandniece and grandnephew. We never expect any gifts in return, but it would be nice to receive a text message or an email acknowledging our gifts. My other childless sister and I also receive regular solicitations to contribute to special funds – for example, one to pay for band uniforms.

Upon any graduation from high school, my other childless sister and I are expected to attend the event and pay for our own airfare, a hotel room, a car rental and other expenses, which is fine. But then we are both expected to work in the kitchen to assist with an

elaborate gathering for many people – which I know is very expensive.

My other childless sister feels as if it would be unfair to the younger grandnieces and grandnephews to stop sending checks because we have sent so many checks to the older ones and they are ungrateful. I think that it is time to stop sending checks. Your opinion, please. – Checked Out

Dear Checked Out: You don't owe anybody anything. Send the younger children greeting cards if you'd like to let them know you're thinking of them on special occasions, but don't include checks. If they get angry, as though they were entitled to your money just because their elder siblings received some, then they needed a lesson in humility more than they needed cash.

Dear Annie: I would like to use you as a sounding board, hoping that my children and old-enough grandchildren

might read this and see themselves in the paper.

I have a problem that I'm sure other adults with grown children and grandchildren have when it comes to birthdays, anniversaries, etc. I always make sure that the above-mentioned relatives have presents and cards on their special days. But when it comes to my husband's and my anniversary and birthdays, we get nothing from them.

Heaven forbid that I don't send at least a card their way for every occasion. If I don't send a card for my grandchild, for example, I get a nasty phone call from my daughter, who asks whether I forgot her son's birthday.

I am going to try to start doing the same, calling to ask whether they forgot my birthday or my husband's birthday. I guess I was brought up differently than I raised them. – Upset in Florida

Dear Upset: So many people's

manners seem to be going downhill in this department. Just take a look at the previous letter.

I certainly sympathize with you and all the other grandparents, aunts and uncles who consistently show thoughtfulness that younger relatives rarely reflect back. That said, have you tried telling your children you feel this way? They might be all grown up, but there are still lessons you can teach them – such as how no one likes feeling taken for granted, not even parents. And if they don't take that lesson from you, I guarantee they'll learn it firsthand one day.

To find out more about Annie Lane and read features by other Creators Syndicate columnists and cartoonists, visit the Creators Syndicate website at [www.creators.com](http://www.creators.com).

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

### CELEBRITY CIPHER

by Luis Campos

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

"PY ZHD'VW MDVPHDO, ZHD'GG  
 UVHNJNGZ NW J SHHC IHDVXJG POR  
 NWMJDOW EW YHGGHE HDV  
 MDVPHOPRZ GPTW MJRO."  
 — CPJXW OJEZ WV

Previous Solution: "Al Roker ... He's raised two daughters and a son. And I love him. ... He's a straight shooter." — Tamron Hall

TODAY'S CLUE: *R equals K*

### REALITY CHECK

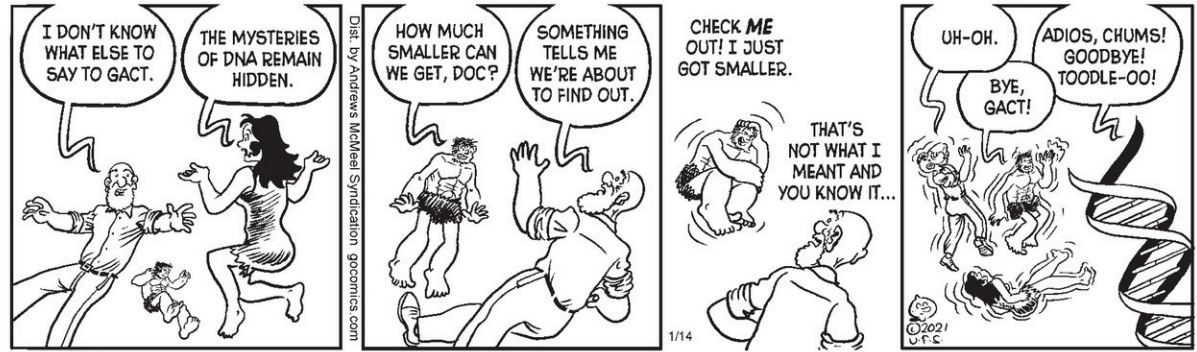


### HERMAN

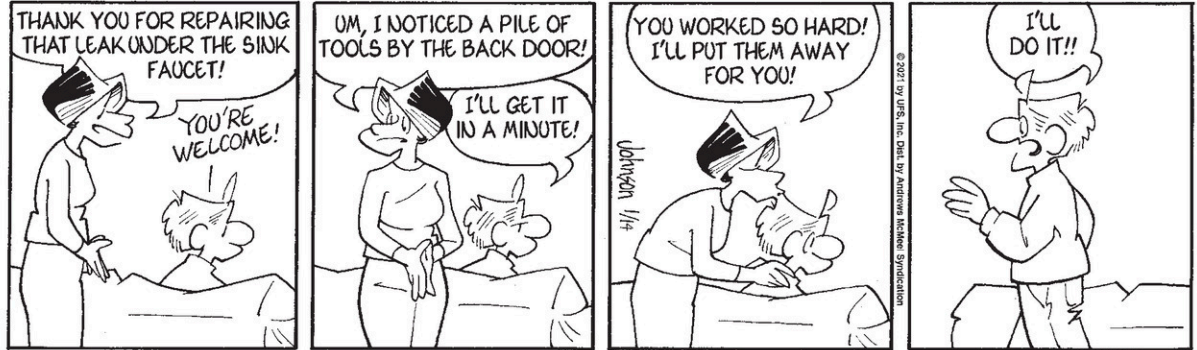


"Somebody tell that new assistant manager I found his sport jacket."

### ALLEY OOP



### ARLO & JANIS



### THE BORN LOSER



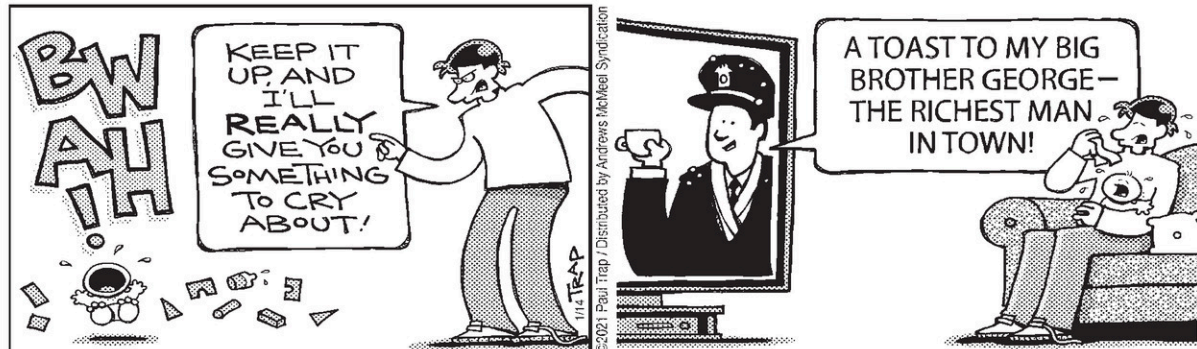
### FRANK AND ERNEST



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### PREVIOUS SOLUTION

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

#### HOW TO PLAY:

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

In 1529, Spanish diplomat and writer Juan de Valdes published his Dialogue on Christian Doctrine. It paved the way for Protestant ideas in Spain.

In 1645, the Company of New France gave up trading rights in Canada to colonists living in the new land.

In 1671, the first snow of the winter fell in Quebec but the ice and snow had nearly all melted away by the middle of March, making it Canada's shortest winter on record. But homesteaders weren't rejoicing at the lack of chill in the air - they depended on the cold to keep food supplies from spoiling. Many starved because of the short winter.

In 1742, English astronomer Edmond Halley, who observed the comet that bears his name, died at age 85.

In 1784, the United States ratified a peace treaty with England, ending the Revolutionary War.

In 1858, Italian revolutionist Felice Orsini attempted to assassinate French Emperor Napoleon III.

In 1875, Albert Schweitzer was born in Kaisersberg, Alsace - at that time part of the German Empire. The humanitarian and medical missionary was awarded the Nobel Peace Prize in 1952.

In 1875, the first issue of the "Halifax Herald" hit the streets.

In 1878, Alexander Graham Bell demonstrated the telephone to Queen Victoria, who spoke with her friend, Sir Thomas Biddulph.

In 1914, the Ford Motor Company improved efficiency by employing an "endless" chain to transport each chassis along the assembly line.

In 1943, U.S. president Franklin D. Roosevelt, British Prime Minister Winston Churchill and French General Charles de Gaulle opened a wartime conference in Casablanca.

In 1947, Canada was elected to the Economic and Social Council of the United Nations.

In 1949, the first non-stop trans-Canada flight, from Vancouver to Halifax, was completed.

In 1952, an underground gas explosion at the McGregor coal mine at Stellarton, N.S., killed 19 men.

In 1952, NBC's "Today" show premiered, with Dave Garroway as the host, or "communicator," as he was officially known. It is television's longest-running weekday program.

In 1954, retired baseball great Joe DiMaggio married actress Marilyn Monroe. They divorced nine months later.

In 1964, in her first public statement since the assassination of her husband two months before, former U.S. first lady Jacqueline Kennedy appeared on TV to thank the 800,000

people who sent her messages of sympathy.

In 1969, 27 people aboard the aircraft carrier "USS Enterprise," stationed off Hawaii, were killed when a rocket warhead exploded, setting off a fire and additional explosions that ripped through the ship.

In 1974, Jules Leger was sworn in as Canada's 21st governor general.

In 1976, the T. Eaton Co. announced the end of its catalogue sales operation, citing losses for more than 10 years, laying off 9,000 employees.

In 1979, FLQ suspect Jean-Pierre Charette returned to Canada after 10 years in Cuba. He was sentenced to jail in March for bombing incidents in 1969.

In 1980, Iran's Revolutionary Council ordered all U.S. journalists expelled from the country because of their 'biased reporting' and demanded that American news organizations in Tehran cease operations immediately.

In 1982, Clifford Robert Olson was sentenced to life in prison after he pleaded guilty in Vancouver to 11 counts of first-degree murder. The victims, three boys and eight girls, were aged between nine and 18 and died between November 1980 and August 1981. Olson's family was paid \$100,000 by the RCMP after he gave information on the location of the victims' bodies. Olson died of cancer in prison in September 2011.

In 1984, Ray Kroc, founder of the McDonald's fast food empire, died in San Diego at age 81.

In 1990, "The Canadian," Via Rail's legendary passenger train, made its final trip across Canada after 34 years of service on the world's longest rail line, a 4,645-km route. Along with this, and the shutdown of other trains, 2,716 jobs were gone.

In 1992, the Canadian government announced it would extend patent protection to 20 years for all new, brand-name drugs by multinational pharmaceutical manufacturers - a move that would restrict the ability of Canada's generic drug manufacturers to enter the marketplace.

In 1994, Arkansas-based Wal-Mart Stores Inc., the world's largest retailer, announced plans to buy 120 Woolco stores in Canada.

In 1999, Graham Coughtry, one of Canada's best known and most highly regarded abstract painters, died at age 67.

In 2000, doctors at Toronto's St. Michael's Hospital announced they had performed Canada's first gene therapy trial for heart disease as an alternative for patients who cannot undergo surgical bypasses.

In 2001, legendary Canadian sports columnist Jim Coleman died at age 89.

In 2004, Libya ratified a nuclear test ban agreement.

In 2004, former Enron CFO Andrew Fastow pleaded guilty to securities-related charges in the spectacular collapse of the energy trading company. He was given a 10-year jail term.

In 2005, Immigration Minister Judy Sgro resigned from Paul Martin's Liberal cabinet amid influence-peddling allegations that she promised asylum to a Toronto man after he worked on her re-election campaign. She was later cleared.

In 2005, Earl Cameron, who anchored the "CBC National News" from 1959-1966, died at age 89 after a lengthy illness.

In 2009, former telecom giant Nortel Networks filed for bankruptcy protection from creditors.

In 2010, Canadian literary grand dame P.K. Page, long renowned for her poetry and other writing, died in Victoria, B.C., at the age of 93. British-born and Canadian-reared, she was considered among Canada's most esteemed writers. Since her poems were first published in periodicals in the 1930's, she had completed more than a dozen books, spanning poetry, fiction, non-fiction and children's literature.

In 2013, disgraced cyclist Lance Armstrong confessed to Oprah Winfrey during a taped interview (which aired three days later) that he used performance-enhancing drugs to win the Tour de France. In 2012, he was stripped of all seven Tour titles following a voluminous U.S. Anti-Doping Agency report.

In 2018, Sears Canada, the longtime staple of Canada's retail landscape, shuttered its few remaining stores for good. It declared bankruptcy in 2017 and announced that it would liquidate inventory and lay off 15,000 employees.

In 2019, Prime Minister Justin Trudeau made some changes to his cabinet - moving Montreal M-P David Lametti to justice and shuffling Vancouver's Jody Wilson-Raybould to Veterans Affairs.

In 2019, a Chinese court sentenced Canadian Robert Lloyd Schellenberg to death for drug smuggling. Schellenberg was originally convicted in 2016 and sentenced to 15 years in prison on charges of being an accessory to drug smuggling. An appeals court ordered a re-trial following Canada's detention of a Chinese telecom executive at the request of the United States. Prime Minister Justin Trudeau said his government would do everything it could to intervene.

In 2020, the Toronto Raptors were awarded the NBA's first-ever Team of the Year Award. The 2019 champions were recognized for their achievements across team business.

