

EDITORIAL

My personal favourite was a ten year old girl who said, "I don't think I want to make any "revolutions," I'm not so good at keeping promises.

My take on New Year's resolutions

Why not try being happy in 2017?



MABLE HASTINGS

I don't believe in judging other people's rituals but I am taking this opportunity to express my opinion on the annual New Year's resolutions that many choose to make as an old year limps back into the shadows and a new fresh year presents itself before us.

In writing this article, I asked a variety of individuals in varied age groups, "are you making a New Year's resolution and if yes, do you mind sharing it?"

I got many of the usual answers with the same favourites topping the list: join a gym, get fit, lose weight, eat better, find love, get out of a bad relationship and someone even said that they hoped to find a job. Some people told me they did not believe in resolutions and preferred to live life and make choices as situations unfold before them. "Mimi" who resides at the Potton apartments will be 91 years young this month. She says that her hopes for this year include being healthy, functional, not being a

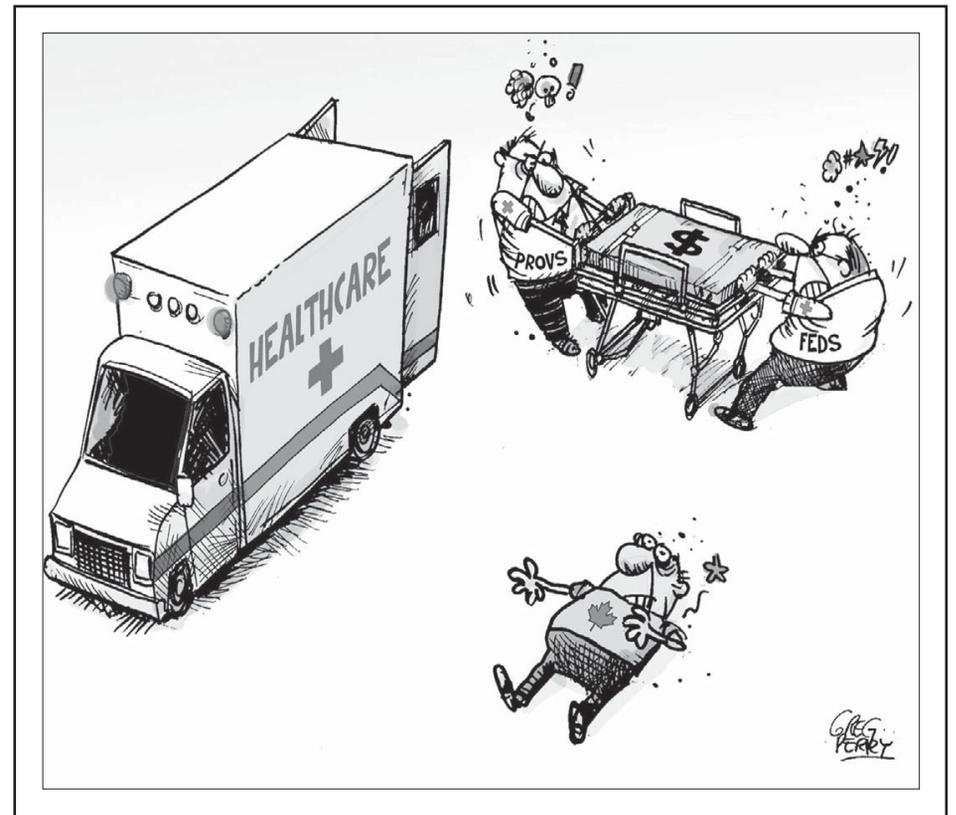
burden to anybody and to be able to take care of herself. She also hopes that her children are healthy and happy.

Some of the most interesting responses came from the children that I posed the question to. I had to begin of course by explaining exactly what a New Year's resolution is. Once I explained to them that it was kind of like wiping the chalkboard clean and getting to start over with hope for the coming year; the kids really got into sharing their responses.

"Well," one eight year old said, "I won't be asking for a hatching egg in 2017, I'm still waiting for the one I got for Christmas to come to life." A little boy said he hoped to be better this year so that Santa would bring him more presents next. My personal favourite was a ten year old girl who said, "I don't think I want to make any "revolutions," I'm not so good at keeping promises."

As adults, we have been programmed that we are flawed and therefore need fixing. It is hard not to acknowledge our flaws as human beings when every store, website and television commercial is telling us to get out and buy a Fitbit. Store fliers that only a week ago busted with Christmas goodies and toys are now decked with elliptical trainers, stationary bikes and treadmills. Relationships are taking a beating too as every doctor on television is focusing on "family Christmas nightmares."

My advice? Don't make a resolution



just because everybody else is. Don't make some big plan to change if you are not ready to see it through and set yourself up for failure. Don't dwell on all you aren't, don't have, wish you had, wish you were, and all of the impossibility in life. Life itself tends to beat us all up enough don't you think? If you want to make a resolution, why don't you commit to loving yourself a little more, appreciating those who love you and are loved by you and take a moment to count the blessings you have rather than dwell on those you don't? See the glass as being half full rather than half empty. This just may improve your self worth, it may affirm the importance of your loved ones and all of that positivity may get you out exercising and feeling good

physically. Give the old year a final nod and a handshake in appreciation for all you learned and lived. Embrace 2017 and the possibility it brings. Most importantly, find a place within yourself to resolve to live by that ever popular Serenity Prayer authored by American Theologian, Reinhold Niebuhr: "God grant me the serenity to accept the things I cannot change, Courage to change the things I can, And the wisdom to know the difference." Make those positive changes that you want and feel you can achieve but don't beat yourself up or dwell on the negative. "Happy" New Year! I emphasize "the happy" as, what is more important than that? Be a little kinder to yourself, likely change, if necessary, will follow.

Freeland sees opportunity for Canada amid rising protectionism, nationalism abroad

The Canadian Press

International Trade Minister Chrystia Freeland sees a silver lining for Canada in 2017 despite an increas-

ingly complex economic situation worldwide.

Freeland says there is enormous opportunity for Canada even amid growing protectionist and nationalist movements

in the United States and elsewhere.

She was speaking today to about 300 people at a Montreal Council on Foreign Relations luncheon in Montreal.

Freeland believes Canada is bucking the trend in the face of populist movements seeking easy targets such as immigrants and trade agreements.

And that open and inviting environment, she adds, will translate into unique opportunities ahead.

Freeland said there is strong public and cross-party support in Canada for international trade agreements that places the country in a unique situation compared to other nations.

The ongoing softwood lumber dispute with the United States and a vow by president-elect Donald Trump to renego-

tiate the North American Free Trade Agreement loom large on a packed horizon.

But Freeland told the gathering there are also positives, including the Canada-EU Comprehensive Economic and Trade Agreement (CETA), which is expected to be ratified this year.

"At a time when so many other countries are closing their doors, are saying they are not interested in foreign investment, are saying they are not interested in trade, you can come to Canada and be assured that we understand and believe in being open to the global economy," she told reporters later.

"And yes, I do think that represents very significant and distinctive opportunities for our country in 2017."

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2
FAX: 819-821-3179

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

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

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

KNOWLTON OFFICE
5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

PRINT SUBSCRIPTIONS

QUEBEC:	1 YEAR	135.60	GST 6.78	PST 13.53	TOTAL \$155.91
	6 MONTHS	71.19	3.56	7.10	\$81.85
	3 MONTHS	36.16	1.81	3.60	\$41.57

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
	1 MONTH	6.49	0.32	0.65	\$7.46

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

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

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

PM#0040007682

Return undeliverable Canadian addresses to The Record, 6 Mallory Street, Sherbrooke, QC J1M 2E2

Member
ABC, CARD, CNA, QCNA

Follow The Sherbrooke Record on Facebook and Twitter!

sherbrookerecord @recordnewspaper