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Wales Home outbreak

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THE RECORD

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WEDNESDAY, APRIL 13, 2022

Quebec records another 35 deaths related to COVID-19

By Gordon Lambie

The Province of Quebec reported 1,938 people in hospital with COVID-19 on Tuesday, an increase of 145 compared to Monday's report. The number of people in hospital directly because of Covid increased by 72, to 838.

The overall number of people in intensive care across the province with the virus decreased by two, to 67, but the number of people in ICUs because of COVID-19 increased by two to 48.

The number of deaths linked to the virus since the start of the pandemic increased by 35 for a total of 14,579.

In the Eastern Townships there were six new covid-related deaths recorded from Monday to Tuesday and the number of people in hospital with the virus increased by two, to 125, two of whom were in intensive care.

On the vaccination front, the province recorded another 26,567 doses

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Mercedes Orellana honoured for community engagement



COURTESY OF ÉLISABETH BRIÈRE'S OFFICE

Record Staff

Mercedes Orellana, the recently retired Executive Director of the Service d'aide aux Néo-Canadiens (SANC), was celebrated in a special ceremony on Tuesday afternoon

by Sherbrooke's Member of Parliament Élisabeth Brière.

Brière presented Orellana with la médaille de la députée, a medal minted in recognition of Sherbrooke residents whose engagement in their community is deemed exceptional by

the MP.

In Orellana's case, the presentation recognizes her nearly 30 years of work welcoming immigrants and refugees to Sherbrooke and helping them to integrate with the local community.

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THE RECORD

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Weather



TODAY:
RAIN

HIGH 10
LOW 5



THURSDAY:
RAIN

HIGH 10
LOW 6



FRIDAY:
SUNNY

HIGH 14
LOW 6



SATURDAY:
SHOWERS

HIGH 16
LOW -3



SUNDAY:
CHANCE OF
FLURRIES

HIGH 5
LOW -6

HAND IN HAND

Les Amies de Béatrice inviting seniors out this summer



Les Amies de Béatrice, known in English as “Betty’s Friends” is a new organization based out of Magog whose mission is to improve the quality of life of seniors by entertaining them while respecting their cognitive and physical abilities. The organization’s vision is to enrich the daily life of seniors with rewarding, fun and meaningful experiences that will allow them to socialize in a healthy and safe environment with the ultimate goal of helping them lead a more fulfilling life. The organization mainly offers cultural, gourmet, well-being and creative outings, and at each outing, there is a companion who ensures that the needs and well-being of seniors are met.

Les Amies de Béatrice is proud to announce the launch of its crowdfunding campaign entitled “Sortons un(e) aîné(e) cet été ! “ or

“Let’s get a senior out this summer!”. Founded by two businesswomen from the region, Monique Bibiane Sergerie and Marie-Josée Filteau, this non-profit organization is a social economy enterprise of the MRC de Memphrémagog. The goal of the campaign is to raise \$20,000 to fund activities serving seniors in the region.

Meaningful and satisfying activities adapted to the abilities of seniors help to promote more harmonious aging and greatly help improve mental and physical health in seniors. It is essential that the activities not only fill the time, but above all that they are meaningful. Les Amies de Béatrice’s vision is to enrich the daily lives of seniors with rewarding, fun and meaningful experiences that allow them to socialize in a healthy and safe environment. This project will consist of getting seniors in a precarious financial situation out of their isolation by entertaining them through a creative, cultural, gourmet or well-being activity. A guide will be present at each activity to ensure that the needs of seniors are met.

For this crowdfunding campaign, the financial objective of \$20,000 has been set in the hopes of helping to bring 400 seniors in the Memphémagog MRC out of isolation. The campaign ends on June 6.

Organization founders Sergerie and Filteau invite the population to make a significant gesture today by making a donation of \$45. This

amount will allow a senior to come out of their isolation this summer and live an unforgettable experience. Donations can be made online through La Ruche About La Ruche, a non-profit organization specializing in crowdfunding whose mission is to promote the emergence of projects that stimulate the economy, influence and vitality of a region. Through its local crowdfunding platform and its partners, it contributes concretely to the development of new projects in Quebec.

The La Ruche campaign can be found at www.laruchequebec.com/lesamiesdebeatrice.

“The majority of aging seniors live alone, isolated from family and social connections that are essential to human beings. Most live on insufficient income that barely allows them to meet their basic needs. However, it is essential that they can practice meaningful and satisfying activities that are adapted to their cognitive and physical abilities,” said Mario Cantin, Chairman of the Board of Directors of Les Amies de Béatrice.

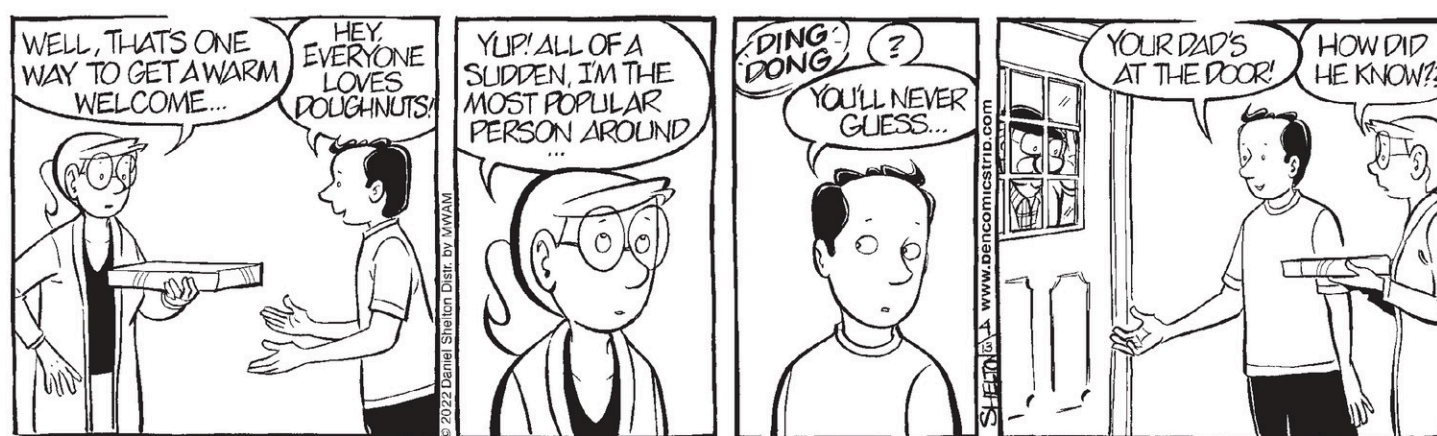
More information on the work of Les Amies de Béatrice is available in French only at <https://lesamiesdebeatrice.com/>. According to Sergerie the organization has a plan to produce an English version of its website as soon as possible. In the meantime, however, the co-founder said that English services are available for any English-speaking seniors in the Memphémagog MRC



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Ben by Daniel Shelton



Local News

"This is their home, it just doesn't feel like it," Piironen said. "but we have to do what we have to do to keep people safe."

Wales Home facing significant Covid outbreak

By Gordon Lambie

Although the Wales Home and its long-term care facility were able to ride out the earlier stages of the COVID-19 pandemic with few-to-no positive cases of COVID-19, the establishment is now facing a widespread outbreak. According to Brendalee Piironen, the Executive Director of the home, close to one quarter of the residents in the home are now Covid-positive, and thirteen employees have contracted the virus since the beginning of the month.

"It's a very, very contagious virus," Piironen said noting that the situation has escalated rapidly since last Friday when there had been six confirmed cases among staff and 11 among residents.

The executive director said that so far symptoms among those residents who tested positive have been mild and comparable to a bad cold, something she attributed to the high level of vaccination in the home.

"Almost everyone in our facility received a second booster," Piironen

said, expressing relief that this outbreak did not come in an earlier wave of the pandemic when vaccination was not yet available.

Even if the health impacts of the outbreak are less than they could have been earlier, it is still taking an emotional toll. No one, she reflected, wants to be the person who brings a sickness into the home that could potentially prove deadly and as a result, everyone feels nervous and on their guard.

"It's very discouraging," Piironen said, pointing out that the staff illness alone puts added pressure on the situation because of the need to fill in shifts in an already tight schedule. "I feel for the employees."

At the same time, everyone feels for the residents who are once again in a situation where they have to be isolated and limit contact with one another.

"When you have covid, it's in your room with the door closed," Piironen said, explaining that although the residents are checked on over the five-day isolation period, there are really no options when it comes to any other



COURTESY

sort of engagement.

For those residents who do not have Covid, activities can no longer take place in communal spaces like the living room, and visits are limited to bedrooms.

"This is their home, it just doesn't feel like it," Piironen said. "but we have to do what we have to do to keep people safe."

The director said that the home

is not allowed to close its doors to outside visitors because of government directives, but she strongly discouraged visits at this time.

"I, personally, would not go visit an establishment that was experiencing an outbreak," she said, noting that primary caregivers are still permitted so long as they follow the required health and safety guidelines on-site.

Free legal helpline initiative for Quebecers set for late April

By Michael Boriero
Local Journalism Initiative

The 38th edition of the Young Bar of Montreal (YBM) Legal Helpline will be held on April 23 and 24. Quebecers can call in to receive free legal advice from volunteer lawyers and notaries.

Although the initiative was created by the YBM over 30 years ago, the free service has also managed to stay in operation and maintain its quality thanks to a longtime partnership with the Barreau du Québec and the CAIJ, according to YBM President Mathieu Jacques.

"The aim of the helpline is to increase access to justice for citizens of

the province of Quebec by offering free legal information through volunteer lawyers. We give free information on their rights and resources and this way it contributes to collective well-being," he said.

Quebecers will be able to contact the legal helpline between 9 a.m. and 4 p.m., and young lawyers and notaries will field legal inquiries ranging from family law to contract issues to rental board disputes. Jacques told The Record they receive about 2,000 phone calls every edition.

"The average is about 15 minutes [per phone call], so it's to establish a first contact with an attorney. Sometimes it's enough to answer the question, but otherwise it's just a first contact for a

deeper problem," he said, adding YBM is emphasizing an alternative to the court.

Last year, according to YBM statistics, there were more than 4,000 calls processed as part of the legal helpline initiative. YBM has been offering the service twice a year since 2018 with support from over 100 volunteer lawyers. This year the focus is on prevention and resolution.

"We do it twice a year because we realized that the need for better access to justice is there and it's important to show that young lawyers and notaries are there to make their contribution to improve this access to justice in Quebec," Jacques said.

This has been the theme for four consecutive years, as the YBM fleet of volunteer lawyers aim to inform Quebecers of the various methods of prevention and resolution at their disposal in order to settle their own disputes. It will prevent conflicts, and

resolve them more easily.

"We're making the focus on prevention and resolution. It's like, don't wait, going to see a lawyer is like going to see a doctor, you don't wait for the situation to get worse. When you see the first signs of a problem, you should go see a lawyer right away," said Jacques.

The YBM is one of the largest associations of young lawyers in the world. The association represents 5,000 lawyers with ten years or less of practice in Montréal. In a press release, Jacques noted that improving access to justice is a fundamental mission at YBM.

"The commitment we have made since 2018 to offer two legal helpline per year to all litigants in Quebec shows that young lawyers are key players in this area. Raising the awareness of litigants about alternative methods of dispute resolution is important," he said.

Orellana

CONT'D FROM PAGE 1

She was given the medal at her former workplace, in the company of her former colleagues, friends, and family.

"Thanks to Mercedes' sustained commitment, Sherbrooke shines as a welcoming city for newcomers," said Brière during the presentation. "After these long years of involvement for the well-being of our community, I wish you a wonderful retirement with your loved ones!"

immigrated to Canada in 1986, where she chose Sherbrooke as her host city. She quickly became a volunteer with the SANC. By 1997 she was the director of the organization. Through her work with SANC, Orellana has been able to respond to growing demands, in particular by setting up an interpreting service which today includes a team of around one hundred people available 24/7 to contribute to the integration new arrivals. Today, the SANC is one of the most important immigration resources in Sherbrooke for those who need it.

Originally from El Salvador, Orellana

COVID-19

CONT'D FROM PAGE 1

administered from Monday, most of which were fourth doses. Eligibility for the second booster shot was expanded to adults 60 and older on Monday, although that change did not result in the same boost in the number of doses administered as

happened last week when eligibility was expanded to those 70 and up.

Interim provincial public health director Dr. Luc Boileau has a press conference scheduled for 1 p.m. on Wednesday. Boileau has been holding an update on the sixth wave about once per week for the last several weeks.

Subsidy programs raise problem of paperwork

Recent Quebec environmental grant generates more questions and concerns



FARM NEWS REVIEW

SCOTT STEVENSON

Local Journalism Initiative

One of the positive points about the Quebec government's recent compensation program for environmental practices is that it was simple to sign up. Government grant and loan applications can add an unrealistic amount of work to a farmer's load.

The so-called Ministerial Initiative on Compensating Agri-Environmental Practices, described in this column two weeks ago, caught my attention for the speed at which nearly \$20 million was handed out: 24 hours.

"It's very simple to register," Union des Producteurs Agricoles (UPA) president Martin Caron told the *Terre de Chez Nous* weekly newspaper after the *Financière*

Agricole du Québec money was all granted.

It was so simple and fast, in fact, that many producers would have missed out, particularly those not reading their emails or getting their news in English only.

For that reason, I raised concern about lack of access for English-speaking farmers, who were "left out of Quebec government environmental program," I wrote in this column's last subtitle.

The day it was published, UPA-Estrie communications advisor Valéry Martin called me expressing concern that I might be starting a language war. I had, indeed, added the sensitive language angle to the subject, not suggesting that English-speaking farmers were intentionally excluded but rather that the program's design, among other factors, had that side effect.

Martin noted that she had sent three emails to farmers like me to make sure we didn't miss out on the program. The emails were part of the UPA-Estrie's usual flow of information in French to registered farmers—among the many communications I and others often lack the time to read fully.

Martin also noted that many of the farmers who successfully registered for the environmental grant would likely have to give money back because they would not be able to fulfill all the program's requirements.

That would be the other side of the

coin of offering a simple application process.

CBC Radio's Quebec AM picked up on the story and interviewed both John McCart, president of the Quebec Farmers' Association, and Lac-Brome farmer Kristen Gingera of Cheeky Creek Farms.

She described her work applying for grants for the Brome-Missisquoi cooperative Terroir Solidaire as a full-time job.

Russell Pocock of Sanders Farm in Compton told me that he's lucky his wife Thérèse Shaheen keeps up to date on the grant programs and applications of benefit to their business.

In the April edition of *Solidarité Agricole* newsletter, published by the UPA-Estrie, president Michel Brien's front-

page editorial is titled "Produire de la paperasse ou des aliments?" (Producing paperwork or food?).

"The needs are great," he wrote, "but the time to manage all these requests is cruelly lacking. Inventing programs each week adds to the mess rather than solving it."

For the Agri-Environmental Practices program, he warned: "Don't spend the money you will receive in advance, because it may be claimed back if you don't respect the commitments and criteria."

That means more paperwork for those farmers to prove that they are respecting their environmental commitments.

Scott Stevenson farms and writes at his home in Newport, Quebec.

Lake Massawippi fishing season kicks off with Zebra Mussel awareness campaign

Record Staff

Committed to preserving the health and quality of Lake Massawippi, the Régie du Parc régional Massawippi has launched an awareness campaign for boaters and fishermen under the theme "Mussels should be on a plate, not in our lake." For the Régie, which unites the five municipalities bordering the lake, considered by many to be among the most beautiful in Québec, boat owners must be made aware of the obligation to wash their boats at one of the stations at either end of the lake prior to launching them.

Zebra mussels and their larvae, veliger mussels, were first detected in the northeast corner of the lake in the fall of 2021, provoking an immediate response by many. Hélène Daneau, President of the Régie du Parc régional Massawippi, described the situation in a recent press release. "In our fight to stop the propagation of invasive species, the Régie works hand in hand with all of its partners, who include Bleu Massawippi, the Conseil régional de l'environnement de l'Estrie; the Ministère des Forêts, de la Faune et des Parcs; Fisheries

and Oceans Canada, COGESAF and the MRC de Memphrémagog. Our solidarity on the matter is clear: preserving the health and quality of our lake is a vital collective priority. And in that spirit, we ask for the involvement of everyone to help us preserve this unique and precious resource."

Free boat washes for the launch of the fishing season

Given the abundance of bass, perch and pike, Lake Massawippi is a favourite fishing destination and, to help kick off the season, the Régie is offering free boat washes from April 22 to May 1 at the two official boat launches in Ayer's Cliff and in North Hatley. In exchange for the free wash, the Régie is encouraging the public to make a donation to the Lake Massawippi Conservation Club, whose many missions include the seeding of the lake with fish.

Boat launch and wash schedules, as well as the addresses of the wash stations and rates for the 2022 season are available on the Régie's website at (parcmassawippi.com) and on the websites of the neighbouring municipalities.



Young Zebra mussels on a boat hull. On the right : tiny zebra mussels attached to an adult zebra mussel.

THE RECORD

Internship Opportunity

Are you interested in learning more about your community? Do you enjoy meeting people and have natural curiosity?

The Record, the Eastern Township's only English-language daily newspaper, is seeking a reporter to cover news and events for its daily print publication and online edition, from its headquarters in Sherbrooke, Quebec.

The ideal candidate will be a university graduate in a related field with exceptional English-language writing skills, and an ability to communicate in French. Access to a vehicle would be considered essential.

This one-year internship will provide an opportunity for the right candidate to get hands-on experience working in a daily newsroom.

Interested candidates should send a cover letter with a sample of their writing and resume to

Sharon McCully, Publisher, The Record,
at outletjournal@sympatico.ca

A successful 2022 Richmond Irish Heritage Festival

Record Staff

It was great to be back— We're already looking forward to next year!

The Richmond St. Patrick's Society and Festival goers were delighted to celebrate this year's Irish Heritage Festival — LIVE! — after the last-minute cancellation of the festival in 2020 and an online version in 2021 due to the pandemic. The month-long festival, made possible thanks to the support of partners, including the Centre d'art de Richmond, was back bigger and better than ever with fabulous live concerts, art and heritage events, gatherings, and the traditional parade.

It was with great anticipation that the Richmond St. Patrick's Society had scheduled many live events from March 5 through March 27. Visitors of all ages and backgrounds enjoyed live music, storytelling, Irish cookery, art and heritage, games, and the ever-popular St-Patrick's Day parade—community spirit is clearly alive and well in Richmond and vicinity!

"After two years, it was obvious that many people were excited to enjoy some traditional Irish spirit

and reconnect with family, friends, and the community! The 2022 Irish Heritage Festival, featuring many free activities for young and old, was a great opportunity to come out and socialize, celebrate, and cheer the performers! Thank you to all who attended, thank you to all our partners and thank you to our wonderful volunteers who made the festival possible! We are already looking forward to next year!" commented Erika Lockwood, Richmond St. Patrick's Society's president in a press release.

The 2022 Irish Heritage Festival included, among other activities: a fabulous St. Patrick's Show with music by the talented musicians from Road to Connolly and from Cécilia; an outdoor bandstand show with local dancers and musicians; an afternoon Tea & History Talk; an art show; workshops for school students on Celtic music; a workshop on design on fabric; an afternoon community celebration at the Upper Melbourne Town Hall and Marketplace with local musicians, heritage craftspeople, food demonstrations, and games; and a storytelling event - O' La Traversée Fantastique with Nadine Walsh.



ST PATRICK'S SOCIETY

Cécilia offered audiences a fun evening of Celtic music that had everyone in the Irish spirit during this year's traditional St. Patrick's Show, A Celtic Celebration – Live!

Richmond's Irish Heritage Festival is made possible thanks to financial support from the Government of Canada as well as sponsors and partners, including the municipalities of Cleveland,

Melbourne, and Richmond and local MNA André Bachand.

Visit the St. Patrick's Society website for more information about the 2022 the Irish Heritage Festival: <https://richmondstpats.org/>.

Sunnyside Stronger Together walk coming up on Thursday

By Matthew McCully

It is expected to be a rainy, dreary week, but look to Dufferin Street on Thursday afternoon, and you will get to see a beautiful rainbow.

Not in the sky, though. This rainbow will be the entire Sunnyside Elementary School, heading down the sidewalk, each grade in a different colour, for the school's second annual Sunnyside Stronger Together walk.

Sunnyside teacher and organizer of the event, Tammy Mosher, explained that there are lots of significant dates throughout the year to draw attention and support for different causes.

In that spirit, Sunnyside decided to come up with a day of its own to recognize people who face adversity, and demonstrate that when people unite and work together, they are stronger.

The purpose of the walk is to bring that awareness out into the community, Mosher said.

"This is our second year doing it," Mosher said.

The whole school from K4 to Grade 6 will participate, each group in a different colour, and staff members will wear tie dye clothing, to represent all the colours coming together.

Parents have been notified about

the walk, and community members are also encouraged to participate, either by cheering on the parade, or joining.

Grade 6 will lead the way, heading down the sidewalk on Dufferin as far as the Catholic church, and then across the street and back to the school. Mosher recruited help to ensure safety at the crosswalks. The event is scheduled to start at 1:50 p.m. Thursday afternoon, and should take around 30 minutes, or maybe a bit longer for the younger grades. Anyone wishing to walk in the parade is asked to form their own group behind the K4s to ensure physical distancing.

Leading up to the walk, Mosher said making posters was on the to-do list.

Since the event is meant to recognize students and community members, past and present who live with disabilities, difficulties and diseases, community members were invited to send in photos of loved ones, to be printed and carried on the walk by students.

Mosher said the walk will happen regardless of the weather. If someone has a disability, "they have to deal with it rain or shine, so same for us," she said.

For more information and details about the walk, email moshert@edu.etsb.qc.ca.



SUNNYSIDE FACEBOOK

Participants from last year's Sunnyside Stronger Together walk, held in April of 2021. This year's edition will take place on Thursday, April 14, leaving the school at 1: 50 p.m.

EDITORIAL

Canada is in a position to help by increasing oil production in the short term and working on renewable energy for the long term.

Five areas where Canada needs to step up on the war in Ukraine

By Marta Dyczok
Associate Professor of History and Political Science, Specializing in Ukraine, Western University

Russian atrocities against Ukrainians are increasingly coming to light. Canada could and should be doing more to stop Russia, both independently and in coalition with other countries.

More than a month into Russia's unprovoked military aggression against Ukraine, I was invited to appear before Canada's Standing Senate Committee on Foreign Affairs and International Development as an expert witness and to provide ideas that could bring about peace and security.

In my remarks, I explained that Ukrainians are doing a heroic job defending themselves, their values and their democracy. But they need more help in their David and Goliath struggle; they cannot win this war alone.

It's comparable to the United States attacking Canada — no matter how brave, well-equipped and powerful Canadian soldiers are, there is no way they could withstand a long-term assault from a superior military force.

Canada-Ukraine bonds

Canada and Ukraine have a special relationship, forged over 30 years. Canada was the first western country to recognize Ukraine's independence in 1991; Poland was the only country ahead of Canada to do so.

In 1991, I was a journalist in Ukraine and in the room when Canada's chargé d'affaires in Kyiv, Nestor Gayowsky, read the telegram announcing that Canada recognized Ukraine's referendum results and welcomed it as an independent country. I felt so proud in that moment as a Canadian-Ukrainian, and I would like to feel that pride again.

Canada has an important role to play now, and it's time for new ideas.

The international institutional infrastructure created at the end of the Second World War is clearly unable to stop war and atrocities. Lester B. Pearson, who later became Canadian prime minister, came up with the idea of peacekeeping forces and resolved the Suez crisis. The war in Ukraine represents another moment in history when Canadians can propose innovative solutions.

When asked by media how Canada is doing, I echo Ukrainian President Volodymyr Zelensky, who recently thanked Canadian parliamentarians for all the ways they've shown support for Ukraine, but said that Ukrainians needed more help.

His actual words to Canada's Parliament and Prime Minister Justin Trudeau on March 14, 2022, were:

"I know that you all support Ukraine. Justin, but also, I would like you to understand, and I would like you to feel this — what we feel every day. Can you imagine when you call your friends, your friendly nation, and you ask: 'Please close the sky, close the airspace, please stop the bombing. How many more cruise missiles have to fall on our cities until you make this happen?' And they, in return, they express their deep concerns about the situation."

There are five areas where Canada could be doing more: diplomacy, military, economics, humanitarian and information issues.

Diplomacy

Diplomatically, Canada has made strong statements in support of Ukraine and critical of Russia. But it could take a more active role in the peace talks, an area where Canada has a lot to bring to the table.

A high-level visit to Ukraine would send a strong signal of support. Numerous leaders have already visited Kyiv, including British Prime Minister Boris Johnson, Poland's Prime Minister Mateusz Morawiecki and European



Parliament President Roberta Metsola. The furthest Canadian leaders have gone is Poland.

Canada could also scale down its diplomatic relations with Russia, something numerous states have already done.

The Russian Embassy in Canada needs to remain open to keep diplomatic channels accessible — but the size of Russia's diplomatic mission does not need to be the same as it is during peacetime.

Military

In the military sphere, Canada had been supporting Ukraine via training and arms supplies even before the war. But as Zelensky has said repeatedly, Ukrainians need more help.

When he addressed the EU and the G7 summits, he told NATO: "Please give us one per cent of what you have; that would really help us."

There are constraints facing Canada and NATO, but also room for creative thinking — both in covert actions and supplying Ukraine with funds it can use to purchase weapons on the open market, as suggested by retired Gen. Rick Hillier.

Economics, humanitarian efforts

Economic sanctions against Russia have been unprecedented, yet they need to be strengthened, with a focus on the energy and financial sectors.

The best chance to stop Putin is via his inner circle — if they are excluded from the international economy, they will lose interest in acquiescing to their president.

European countries are working on

reducing their energy dependency on Russia. Canada is in a position to help by increasing oil production in the short term and working on renewable energy for the long term.

In the humanitarian sector, Canada has opened its doors to Ukrainians fleeing the war, including in an area that I'm working on — assisting scholars.

But the process needs to be streamlined, and health care must be provided to those arriving.

Information

Finally, the information front is key given Russia's powerful disinformation machine.

Constant vigilance against the spread of Russian disinformation on social media is key, but simple language is also important. Ukrainian media professionals are appealing to Canadian and world leaders to use the correct terminology — for example, not "the Ukraine crisis" but "Russia's war against Ukraine."

There's been some improvement in this — fewer people are now saying "the Ukraine" (a Soviet practice) and correctly saying Ukraine — but once again, more can be done to ensure language and news coverage doesn't minimize Ukrainians or the unprovoked military invasion of their country.

It's time to set up a task force bringing together the best brains in Canada to come up with new ideas of how to end this war — and future wars. I would be happy to serve on it. Canada has played the role of a global peace advocate before and it can again. Rarely has the world needed it more than right now.

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Local Sports

"They were penalties that we deserved, and they weren't bad penalties, they came from our intensity on the ice..."

Champlain women's hockey team inches closer to championship berth

By Michael Boriero
Local Journalism Initiative

The Champlain Cougars women's ice hockey team are one win away from booking a spot in the Réseau du sport étudiant du Québec (RSEQ) hockey collégial féminin D1 championship.

The Cougars defeated Limoilou 3-2 on Saturday to take a one-game lead in the best-of-three semi-final series. The winner of this playoff series will face John Abbott, a perennial favourite, in the championship round, as the Islanders swept Andre-Laurendeau over the weekend.

Champlain went up 1-0 late in the first period thanks to a power play goal from Catherine Proulx. Naomi Morin doubled the Cougars' lead early in the second period, and Mégane Beaudoin's early

marker in the third period eventually held up as the game winning goal.

Limoilou, who finished in second place in the regular season, ahead of Champlain, posted two power play goals in the game. According to Cougars head coach David Evangelho, although it was high intensity for 60 minutes, his squad was up for the challenge against a season rival.

"Our girls were ready and they showed a lot of character. They were focused on the details and at the end of the day it was the reason we got the result. We were very excited, but we were in control of our emotions, so I think that's why the result went in our favour," said Evangelho.

However, with six penalties in the game, Evangelho is aware his team will need to keep their cool in game two of

the series on Saturday afternoon at Jane & Eric Molson Arena in Lennoxville. Limoilou scored the most goals this season with 137 markers in 30 games.

"It was special, I think we played very intensely. They were penalties that we deserved, and they weren't bad penalties, they came from our intensity on the ice, but we also need to stay disciplined because on the other side Limoilou has a dangerous power play," he said.

Evangelho added that his team has really stepped up in the playoffs, not to take away from a stellar regular, which saw them finish in third place and a clear contender for the D1 title. He told The Record that everyone on the squad had embraced their role on the ice.

They have continuously worked hard during practice, he continued, and it

has paid off against top-tier teams like Limoilou and John Abbott. There is a cohesiveness, an inexplicable bond, and positivity in the locker room, Evangelho shared, and they're enjoying this playoff run.

He also noted that while there will be a little more pressure playing at home on Saturday, the Cougars aren't preparing any differently than they have all season long. It doesn't matter who they play, Evangelho explained, the wins will come if they stay focused and disciplined.

"Well again we talk a lot to our girls about flow zones, and having an optimal mental concentration and not get distracted by the crowd or the noise. We just want to focus on the moment and play the hockey that we know we can play and the results will come," he said.

Gaiters cap off 2021-22 varsity season with annual Athletic Banquet

The Bishop's Gaiters hosted the annual Athletic Banquet in-person for the first time since 2019 on Monday night. The night served as a celebration of athletic and academic success over the 2021-22 season, for the individual student-athletes and teams that make up Gaiters Athletics.

After the past two years, the evening celebrated the resiliency and determination of our student-athletes and the successes of the department throughout the season.

Louis-Philippe Gregoire (Jonquière, QC, Cégep de Jonquière) of the Bishop's Gaiters football team and Amaïquen Siciliano (Buenos Aires, Argentina, Velez Sarsfield) of the women's basketball team took home top honours as the Athletes of the Year at Monday night's Athletic Banquet.

Fifth-year senior, Louis-Philippe Gregoire (Jonquière, QC, Cégep de Jonquière), closes out his career as a Gaiter with Male Athlete of the Year honours. The running back was the second leading rusher in the AUS this season and played in all of Bishop's games this season. The Jonquière, Quebec local totalled 98 carries for 591 yards during the 2021 regular season. Gregoire averaged 6.0 yards per carry, 98.5 yards per game and found the end zone three times for the purple and silver. The high-energy running back also ran for 76 yards on 18 carries in the AUS semi-final win and led the Gaiters to the 5th best rushing attack in the country. Gregoire received AUS All-Star honours for the second straight season. On the U SPORTS stage, the Gaiters' primary ball carrier ranked fourth in touchdowns (3), fifth in rushes (98), sixth in yards per game (98.5) and seventh in total yards with 591.

Amaïquen Siciliano (Buenos Aires, Argentina, Velez Sarsfield) is adding yet another highlight to her resume as her



EMERY GBODOSSOU

fourth year at Bishop's comes to a close. The Bishop's Gaiters women's basketball guard was named the Player of the Year in the RSEQ, an RSEQ First Team All-Star and a U SPORTS First Team All-Canadian for the second straight season and is this year's Female Athlete of the Year. The Buenos Aires, Argentina native led the conference in scoring and assists, averaging 21.3 points per game and 6.5 assists per game, during the regular season. The captain shot 46.2% from the field and 33.9% from 3-point range during her average of 34.4 minutes on the court each contest. In addition, Siciliano achieved second in assist to turnover ratio (2.1), fourth in steals (1.8 per game) and second in minutes played. Nationally, Siciliano led U SPORTS in assists per game and ranked fourth in the country in both points per game and minutes per game.

The Academic Student-Athletes of the Year for 2021-22 are Malou

Merovitz (Sherbrooke, QC, Champlain-Lennoxville) of the women's soccer team and Connor Kelly (Brockville, Ont., St. Mary's C.S.S.) of the men's basketball team. Both Gaiters exemplify what it means to be a student-athlete, combining love of their sport with success in the classroom, and receive top marks for their performances this year.

Basketball's Charles Robert (Vaudreuil, Que., Suffield Academy) and Victoria Gauna (Mendoza, Argentina,) were named this year's Freshmen of the Year. Both Robert and Gauna were honoured as members of the RSEQ All-Rookie Team while the latter was also named the RSEQ Rookie of the Year and a member of the U SPORTS All-Rookie Team.

This year marked the first time that the Student-Athlete Leadership Awards were handed out. These awards will be given annually to a male and female

student-athlete who have been able to find success athletically, academically, and in the community, while also leading those around them to be better. The inaugural winners of this award are Connor Kelly (Brockville, Ont., St. Mary's C.S.S.) of the men's basketball team and Kayla Kyle (Montreal, QC, John Abbott College) of the women's soccer team, both winning the RSEQ Leadership Award this season.

The Ray Almond Award is given annually to a dedicated member of the Bishop's Athletics community who rises above the expected to deliver an invaluable service to Gaiters Athletics. This year's recipient was Andy Cowell.

The Athletic Banquet marks the official conclusion of the 2021-22 varsity season. The Gaiters will return to action in August.

Submitted by Maggie Veitch,
Bishop's Sports Information

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Date Book

WEDNESDAY, APRIL 13, 2022

Today is the 103rd day of 2022 and the 25th day of spring.

TODAY'S HISTORY: In 1870, the Metropolitan Museum of Art was founded in New York City.

In 1941, the Soviet Union and Japan signed a five-year non-aggression pact.

In 1964, Sidney Poitier became the first African American to win the Academy Award for Best Actor, for his performance in "Lilies of the Field."

In 1970, an oxygen tank exploded on Apollo 13, crippling the spacecraft, which was on its way to the moon.

In 2005, Eric Rudolph pleaded guilty to four bombings between 1996 and 1998, including a blast at the 1996 Olympics in Atlanta.

TODAY'S BIRTHDAYS: Thomas Jefferson (1743-1826), third U.S. president; Samuel Beckett (1906-1989), playwright; Eudora Welty (1909-2001), author; Howard Keel (1919-2004), actor/singer; Seamus Heaney (1939-2013), poet/playwright; Paul Sorvino (1939-), actor; Al Green (1946-), singer-songwriter; Christopher Hitchens (1949-2011),

journalist/author; Ron Perlman (1950-), actor; Max Weinberg (1951-), drummer/TV personality; Garry Kasparov (1963-), chess player; Glenn Howerton (1976-), actor; Nellie McKay (1982-), singer-songwriter/actress.

TODAY'S FACT: The first African American to win the Academy Award for Best Actress was Halle Berry, for the 2001 film "Monster's Ball."

TODAY'S SPORTS: In 1997, Tiger Woods became the youngest player to win the Masters Tournament, at age 21.

TODAY'S QUOTE: "There's man all over for you, blaming on his boots the faults of his feet." - Samuel Beckett, "Waiting for Godot"

TODAY'S NUMBER: 24 - days George Frideric Handel worked to complete the music for "Messiah." The oratorio was performed for the first time in Dublin on this day in 1742.

TODAY'S MOON: Between first quarter moon (April 8) and full moon (April 16).

Do Just One Thing



By Danny Seo

Wild animals don't know the difference between food that's good for them and a meal that can harm them. One way we can help wild animals avoid harming themselves is to make our trash as unappealing as possible. The Humane Society of the United States recommends making sure all recyclables are rinsed out to the point of removing all food remnants and odors. Animals like skunks can get their heads stuck in containers in search of food. Also, be sure any plastic food wrap is rinsed and placed inside another container inside of the trash can; food wrap can be ingested when animals think it's food.

Lipomas are benign masses caused by overgrowth of fat cells



ASK THE DOCTORS

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

like a dome, lipomas usually don't cause pain or any other symptoms. Lipomas are typically found just below the surface of the skin, often on the trunk, neck, limbs or forehead. Less often, they may form within a muscle or inside an organ. When you touch a lipoma, the tissue feels rubbery and a bit springy. Because the mass isn't directly attached to the underlying muscle, it moves easily beneath the skin in response to pressure.

Discovering a lipoma can be alarming, particularly since they are technically tumors. However, they are benign, which means lipomas are not cancerous. It is estimated that 1% to 2% of people will develop a lipoma in their lifetime. The reason for this is not yet known. In some individuals, genetics appears to play a role. An inherited condition, known as familial multiple lipomatosis, can cause someone to develop numerous fatty growths on their body, some of them quite large. This condition arises due to a faulty gene that has been passed down, and it is not common.

Lipomas occur slightly more often in men than in women, and although

they can appear at any age, they become more common in adults between the ages of 40 and 70. In addition to fat cells, some lipomas may contain blood vessels or other tissues.

While it's possible for a lipoma to become malignant, this is quite rare. When it occurs, the growth is known as a cancerous liposarcoma. For that reason, it's important to let your health care provider know about any changes to an existing lipoma, including its size, shape, texture or appearance, and if it begins to cause discomfort or pain. If a malignancy is suspected, a biopsy will be performed. This will reveal if cancer is present.

Although a lipoma doesn't present any medical risk, sometimes the decision is made to remove it. This may be for cosmetic reasons, to relieve pressure on a nerve, or when its size or location leads to discomfort. Complete removal of a lipoma involves a small operation, which can be performed under local anesthetic. The surgeon makes an incision and then frees the lipoma from the surrounding tissue. The mass is then removed, and the incision closed with sutures. Post-

operative pain and bruising may occur, and the patient may be left with a visible scar. It is rare for a lipoma that has been surgically removed to recur.

When a lipoma is large, liposuction may be used to reduce it. This involves the use of a needle and a large syringe to remove the fatty deposit. Each of these are outpatient procedures and do not require a hospital stay.

(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.)

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For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) 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.

Dog drama

Dear Annie

WEDNESDAY, APRIL 13, 2022

Dear Annie: I have a dog who loves people. Whenever my sister-in-law, "Helen," visits, she does not touch him at all. She has a dog herself and seems to like dogs. This makes my wife feel bad, but Helen doesn't seem to care.

My wife has never acted even remotely this way with her sister's dog.

For background, when we first got our dog, Helen made comments to my wife that indicated she was jealous whenever our dog got attention from people, as hers was no longer the only dog in our extended family.

We have a husky mix who a lot of people seem to like, while Helen's is a pit-boxer mix (looks like a pit), which are liked by a lot of people but also misunderstood by many.

Another caveat to this is their father, who says he is allergic and stopped coming over to the house to see my

wife after we got the dog. I also have issues with that. Why can't he stand in the driveway for a few minutes to talk if he really liked seeing her? But that is a topic for another day. Helen seems to mimic his thoughts on a great many things in her life, so maybe that has something to do with it, too.

I would appreciate if you could shed some light on why she is acting this way and what, if anything, my wife might be able to do. – Concerned Husband

Dear Concerned Husband: It sounds like the dog issue is being used for something deeper going on. So long as Helen isn't mean to your dog, then let her be and ignore her lack of interest in your dog. Perhaps your dog is not her cup of tea, and that is OK because he is your dog, not hers. Your wife sounds lovely given how sweet she is to her sister's dog. As for your father-in-law, as you say, that is a topic for another day.

Dear Annie: I recall the words of

the song from my Girl Scout days, "Let there be peace on earth and let it begin with me."

I have always told my children that peace begins in the family and radiates to the world from there. As families, we are a microcosm of groups of people of the larger world. We can't expect harmony if we ourselves, in our little world, are not harmonious.

We have commandments that guide us whenever we have a question about our behavior. Carl Jung talked about the "collective unconscious." I practice meditation and prayer, right now centered on disturbances in my family and the Russian invasion of Ukraine. I have no control over either issue.

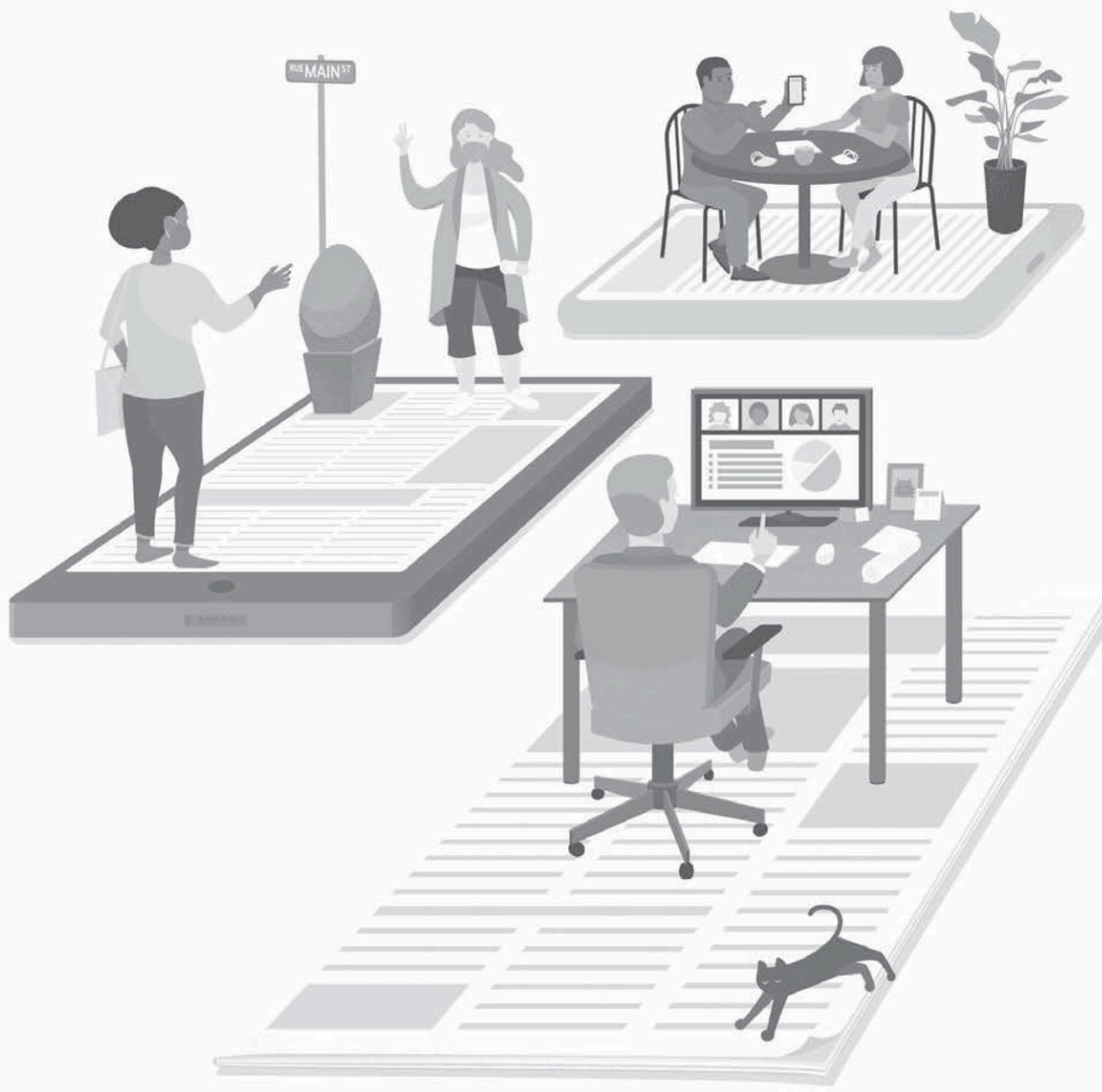
There are many prayers for world peace. Joan D. Chittister has lovely ones. And then there is "The 100th Monkey Effect," which you can learn about here: <https://www.hundredthmonkey.org/100th-monkey-effect>. We have all

these things within our power. – Just One Person

Dear Just One Person: You are one person with a big heart and no doubt a huge impact with your kindness and intention. You are truly right in that if you don't feel peace within your own heart and your own family's heart, it remains difficult to bring peace and joy to the hearts of others. So pray for peace within yourself so that you may bring that peace and harmony to others.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to dearannie@creators.com.



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CELEBRITY CIPHER

by Luis Campos

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

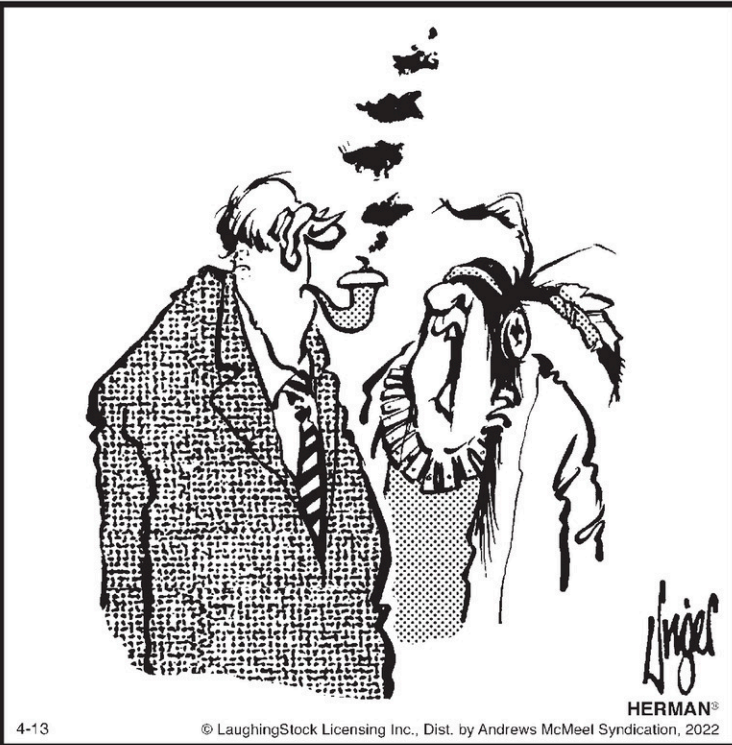
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LKKXEOHAR VBYXBAX IBW CTB
OTXP LWX ABC, ABO CTB PBS
TBEX OTXP CHZZ GX BAX MLP.”
— MXJBA IWLAZHA

Previous Solution: “I’ve never really felt like I was a child actor. Just an actor who happened to be quite young.” — Saoirse Ronan
TODAY’S CLUE: *9 equals 8*

REALITY CHECK



HERMAN



“Same to you!”

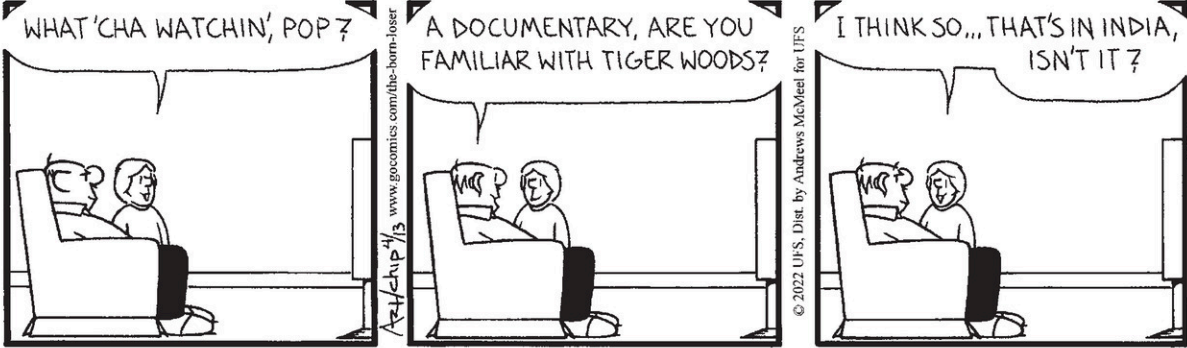
ALLEY OOP



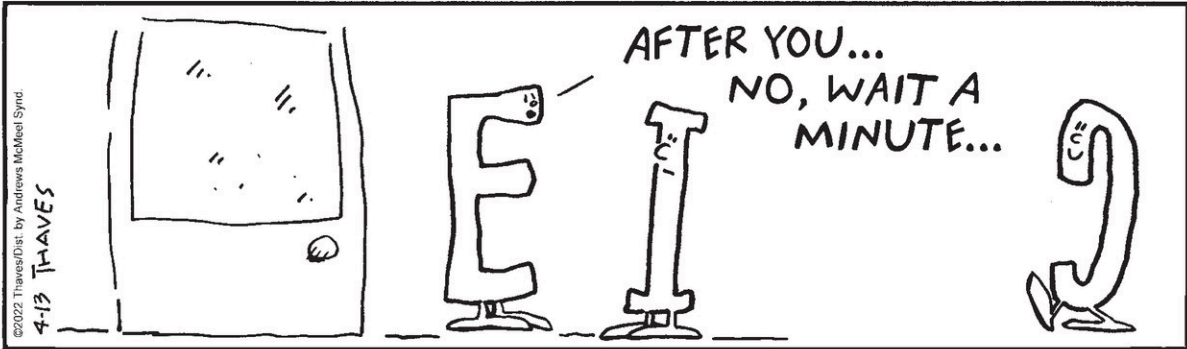
ARLO & JANIS



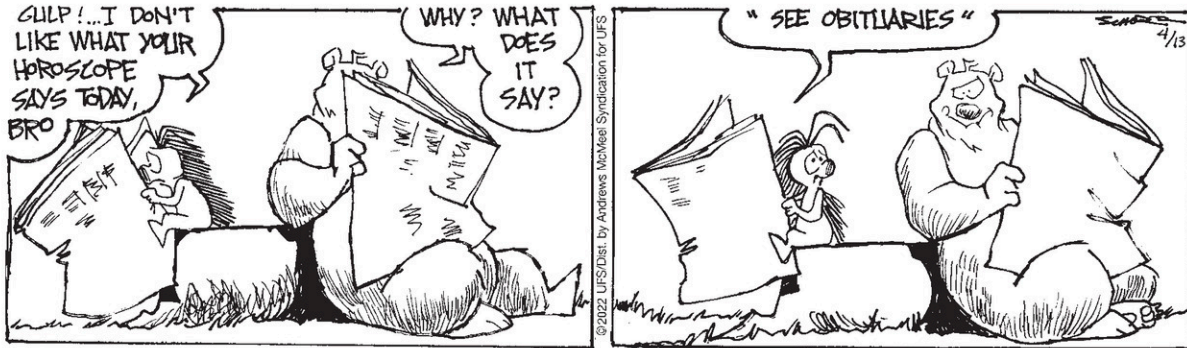
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4/13

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PREVIOUS SOLUTION

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

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NEA Crossword Puzzle

Your Birthday

WEDNESDAY, APRIL 13, 2022

how to improve situations that are causing you grief. Wipe your slate clean and focus on doing what's right and best for yourself and your loved ones.

LIBRA (Sept. 23-Oct. 23) – Hide out until you are ready to participate. Having your feet planted firmly on the ground will help you dismiss anyone using manipulative tactics. Know what you want and make sure you get it.

SCORPIO (Oct. 24-Nov. 22) – The sweetest revenge is success. Don't waste time being angry. Paying attention to who you are, what you want and how to improve will help you get ahead. Personal growth is favored.

SAGITTARIUS (Nov. 23-Dec. 21) – Refuse to let emotions spin out of control, leaving you in a no-win situation. Protect your health, wealth and emotional well-being. Dig in and do something constructive.

CAPRICORN (Dec. 22-Jan. 19) – An unexpected investment will pay off. Celebrate with someone who brings out the best in you. A positive change at home will encourage you to live better.

AQUARIUS (Jan. 20-Feb. 19) – Stay on course. Don't make unnecessary changes or alter how you do things. Do what feels comfortable and is reliable. Take ownership of your life and happiness.

PISCES (Feb. 20-March 20) – Spend time pampering yourself and updating your look. Use your intelligence and intuition to bring about positive change that adds to your confidence. Let your intentions be known.

Think about what you enjoy doing most and find a way to incorporate that into your personal or professional life. Pay attention to detail, and you'll sidestep pitfalls that can slow you down and throw you off target. Refuse to let anyone interfere with your plans.

ARIES (March 21-April 19) – Welcome inevitable changes and find a way to make them work for you. Be bold, but use common sense to ensure that you don't make decisions for the wrong reasons.

TAURUS (April 20-May 20) – Be part of the solution, and you'll bring about positive change. Remain calm, regardless of how others behave, and your input will encourage others to take the high road as well.

GEMINI (May 21-June 20) – Do what you say you will. Refuse to get thrown in with a group of dishonest troublemakers. Gather facts before you get involved in anything that can cost you in any way.

CANCER (June 21-July 22) – Call on people you trust, and you'll get great advice. Be specific, talk openly and work alongside those trying to reach similar goals. Personal improvement and romance are encouraged.

LEO (July 23-Aug. 22) – Focus on work, money and getting along with others. Contribute optimism and sound ideas, and dismiss negativity and anger. Success will come your way if you work hard and think constructively.

VIRGO (Aug. 23-Sept. 22) – Conversations will help you decipher

Answer to Previous Puzzle

N	E	A	T	D	U	B	T	I	N	T
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- ACROSS**
- 1 Engineer-ing toy
 - 5 Perimeters
 - 10 Elegant attire
 - 12 Holly item
 - 13 Kook
 - 14 Make certain
 - 15 Type of ranch
 - 16 Mil. rank
 - 18 Percent ending
 - 19 Ticked off
 - 21 Sauce with basil
 - 25 Dreams
 - 29 Old cattle town
 - 30 Hula dance feasts
 - 32 Ploys
 - 33 Law
 - 34 Tuxedo, maybe
 - 37 Give a tenth
 - 38 Polish
 - 40 Crone
- DOWN**
- 43 Ecol. watchdog
 - 44 Majority
 - 48 Shark
 - 50 Colorado town
 - 52 Patted on
 - 53 Posh hotel lobby
 - 54 Go bad
 - 55 Confirm

- 10 NBA position
- 11 Cartoon bear
- 12 Subsided
- 17 Yalie
- 19 Facetious tributes
- 20 Erase
- 21 "Wham!"
- 22 Arab VIP
- 23 Garage event
- 24 "And — some!"
- 26 Car import
- 27 Milk, to Yves
- 28 "No — luck!"
- 31 Fem. saint
- 35 Out in front
- 36 Gloss target
- 39 Wine valley
- 40 Jalopy
- 41 Pulpit
- 42 Mongolian desert
- 44 Game
- 45 Stage award
- 46 Mumble
- 47 Jerry's toon pursuer
- 48 Hwys.
- 49 Shinto or Zen (abbr.)
- 51 Ms. Hagen

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Pay attention to the opening lead

By Phillip Alder

Suppose an opponent's opening lead is in an unbid side suit. That isn't surprising; you might not be able to draw any useful conclusions. In contrast, though, if the lead is in one of your suits, especially one that has been bid twice, it is probably a singleton.

South responded with a strong jump shift, showing 13-16 high-card points and either a long, powerful spade suit or a spade-heart two-suiter. North rebid his excellent heart suit rather than support spades. But when South rebid spades, North employed Roman Key Card Blackwood. (South showed the spade queen and either two aces or one ace and the spade king.)

West led a revealing heart eight. Declarer, in his hurry to extract the trumps, led the spade jack. East won with the ace and returned a heart. Declarer ruffed with the spade king and cashed the spade queen, but East's discard meant that West had a trump trick to come: down one.

Assuming West had led a singleton, East was marked with the spade ace. Usually, there's no point in leading a singleton against a slam when partner cannot have an ace. So, South should have led a diamond to the ace at trick two and played a trump from the dummy. Here, East's ace collects only

North		04-13-22	
♠	7 5 4	♥	K Q J 10 7 6
♦	A Q	♣	A 4
West		East	
♠	10 6 3	♠	A
♥	8	♥	9 5 4 3 2
♦	9 8 5 4 2	♦	10 7 6
♣	K 10 7 3	♣	Q J 9 8
South			
♠	K Q J 9 8 2	♥	A
♦	K J 3	♣	6 5 2
Dealer: North			
Vulnerable: Both			
South	West	North	East
		1♥	Pass
2♠	Pass	3♥	Pass
3♠	Pass	4NT	Pass
5♠	Pass	6♠	All Pass
Opening lead: ♥ 8			

low cards. South could have ruffed the heart return high and drawn trumps.

Finally, if East could have played a low spade instead of the ace, South would have won with his king and, assuming West followed suit, continued safely with a second trump honor. West could not have gotten a trump promotion.