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PM#0040007682

THURSDAY, MARCH 31, 2022

Fourth dose campaign gets started in CHSLDs

By Gordon Lambie

Quebec's fourth dose campaign got started in the province's long term care homes (CHSLDs) on Tuesday...

As with past vaccination campaigns, the second booster is being made available by mobile teams who are travelling to each care facility.

The vaccine is also being offered to people 80 and older who live at home, and people who are immunocompromised, on a by-appointment basis.

While undertaking this new campaign, the government is reminding the public to take particular care when it comes to visiting people in situations of increased vulnerability...

Quebec recorded 8,849 doses of vaccine administered from Tuesday to Wednesday.

The Institut national d'excellence en santé et en services sociaux (INESSS) published information on Wednesday confirming that there has been an 18 per cent increase in the number of Covid-related hospitalizations since last week...

There were 1,200 hospitalizations CONT'D ON PAGE 3

Friendship Day to return, but Street Fest is out as Lennoxville looks to summer



RECORD ARCHIVES/GORDON LAMBIE

By Gordon Lambie Local Journalism initiative

Lennoxville's annual home-grown holiday, Friendship Day, will take place this coming June 11 for the first time since 2019.

"We're obviously starting a bit later than usual but the idea is to have an event this year," said Ryan Smith, Pres-

ident of the Friendship Day Organizing committee, explaining that the committee made the call to go ahead on Tuesday evening.

Smith said that it remains to be seen what form the celebrations will take, given that the committee is working with less time than usual to put ideas together and gather funds.

"At this point we're just happy to

be able to put something together," he said, adding that people can expect to hear more about planning and preparation in the weeks to come. Anyone looking to volunteer for the festivities can reach out to the organizing team by email at friendshipdaylenn@gmail.com.

"It's been a challenging two years,

CONT'D ON PAGE 3

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Weather



TODAY:
CHANCE OF
SHOWERS

HIGH 12
LOW 8



FRIDAY:
RAIN

HIGH 8
LOW -5



SATURDAY:
CHANCE OF
FLURRIES

HIGH 4
LOW -3



SUNDAY:
CLOUDY

HIGH 6
LOW -3



MONDAY:
CHANCE OF
FLURRIES

HIGH 7
LOW -6

Pour some sugar on me



LINDA KNIGHT SECCASPINA

I can't remember what year, as a teen, I began wearing fashionable tops made out of sugar bags. All I know is when I did, my grandmother had a fit. It was bad enough that I loved corn, but this? My grandfather said in England corn was only fed to the cows- but to purposely show yourself out in public in such a garment was a travesty to Mary Louise Deller Knight.

My grandmother said all she could think of was the great poverty of the Great Depression, but in my mind there was a romance to the idea that anyone could make something beautiful from something so mundane as an old sack of sugar or flour or anything else.

In truth, feed sacks were used for sewing well before the depression and for several years after. The evolution of the feed sack is a story of ingenuity and clever marketing. Women looked at these sacks and began to use them for everything in the household and also became popular for clothing items. Manufacturers saw what was happening and they began to print their cloth bags in a variety of patterns and colours.

Every mother and grandmother

knew how to sew when I was growing up. Grammy and I would always go to the fabric store and pick out patterns and cloth to make clothes. Unfortunately, my grandmother loved the colour brown, because it was sturdy and basic, much like the sugar bags. I might have been sturdy in size, but I was never basic, and I grew to really not care for the colour brown.

Truth be known I never liked much colour and still don't, and even though I had creative genes, sewing wasn't really my forte. In fact I should have walked away from the sewing machine. But, I pinned, I taped, and if it fell apart, well it fell apart, but the general public got the idea of my styles. I am very grateful the glue gun did not exist in those days- truly grateful.

I had never listened to anyone who tried to talk me out of my views on life, fashion, and being yourself. I was sturdy like the mighty feed bags. At age 15 I marched into the CHS Vice Principal's office who doubled as a guidance counselor and told him I would not be returning to school the next year. I also asked for my \$10 school book deposit back.

I can still remember, to this day, where his desk was positioned in the room, and the look on his face that was partially hidden by his oversized spectacles. In a crisp but curt tone he scolded me.

"My dear Miss Knight, what golden path have you chosen for yourself?"

"I am going to be a fashion designer Sir," I said emphatically.

He got up, perched himself on the edge of my chair, and asked me loudly if I was joking. He continued in a loud monotonous drone telling me young ladies became either nurses or teachers. The elderly gentleman suggested that maybe I look into the

world of home economics if "I enjoyed sewing".

With that I stood up and again I asked him to cut me a cheque for \$10. With a look of defiance, a shake of his hand, and \$10, the world was now my oyster.

If my grandmother Mary was my foundation for my hard working ethics, then Saul Cohen was the drywall. He expected me to arrive at my job in a children's wear manufacturer at 7:30 every morning and I had to ask to leave around 7:45 p.m. at the end of the day. The man worked me to the bone, and I just chalked it up to experience. I worked in the cutting department, sewing, swept floors, did book work, and worked in the show room. There was not one stone that he did not make me turn over, and turn over again.

"Saul" was relentless, and when he found out that my Mother had ties to the Jewish religion he made sure I knew about my heritage. Anytime I asked to leave early he would turn around and say to me,

"Do you know how our people suffered?"

Enough said.

Another person I owe who I am today is the late Morty Vineberg from Au Bon Marche in Sherbrooke, Quebec. I learned the retail trade from the bottom up from him, and to this day, if there is a spot for just 50 items, and I have 300; I can whip that into shape as fast as you can say "bargain designer clothes". In those days you took pride in your work, listened and worked hard, and you learned from those that knew.

How do you explain to kids today that's how life was in years gone by? You don't- you had to be there- when life was never sugar coated and as sturdy as an old sugar bag.



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Ben by Daniel Shelton



Local News

When first presented in 2020, the rebuilding of the road was expected to begin in May of 2021. . .

Galt West work to start next week and last through the summer

By Gordon Lambie
Local Journalism Initiative

Driver's whose commutes include the section of Galt Street West between Belvédère South and Alexandre streets should prepare themselves a long-term detour. Beginning next Monday, April 4, the long-anticipated reconstruction of the major thoroughfare will begin, closing the road to most traffic until at least the beginning of August.

The work to come will be significant, involving a reconstruction of the subterranean infrastructure in the sector, followed by a reconfiguration of the street itself to better meet the goals outlined in the city's downtown sustainable development and active transit plans. Excavation work will begin closest to Alexandre Street, with new pipes to be laid and covered by mid-June. Concrete work and the installation of new streetlights and stoplights will follow, with final repaving after that. The final plan for the redesigned road includes the addition of new plants and trees, although these are due to be installed after the major work is complete, beginning in either late summer or early fall and continuing

in 2023 when the city plans to overhaul the nearby Alfred-Élie-Dufresne Park.

Over the course of the time the work is underway, an effort will be made to maintain access to businesses in the sector, as well as pedestrian passages. It should be noted, however, that users of these accessways can expect delays or interruptions brought on by active work crews in the area. Signal teams will be in place in an effort to maintain safety and security during the project.

The official detour around the work will pass by Belvédère South, King West, and Grandes-Fourches Streets. Even that alternate route is likely to face disruptions, however, as the intersection of Galt and Belvédère will be the focal point of the third phase of the work for a period of at least six weeks.

When first presented in 2020, the rebuilding of the road was expected to begin in May of 2021, but the city was forced to prolong the process due to concerns expressed by local businesses about the possible impacts of the new street configuration, as well as cost-overruns on the 116-unit social housing project planned for the north side of the street.



COURTESY

An artist's rendering of what Galt Street West will look like once finished, including the 116 unit social housing project that is currently being revised.

A detailed outline of the Galt West Project is available on the city's website (in French only) at sherbrooke.ca/galtouest. Although the construction season has yet to get started in full, the city is also reminding residents to check the interactive map at

sherbrooke.ca/travaux for a regularly updated indication of where to expect road work on their commutes.

The city has budgeted \$7.7 million for the rebuilding of Galt West, \$1.1 million of which come from the provincial government.

Friendship Day

CONT'D FROM PAGE 1

to say the least," Smith said, sharing that everyone is looking forward to being able to share some kind of celebration with the community again.

Despite the fact that Smith said that the final green light didn't come until this week, the members of Lennoxville's borough council approved more than \$20,000 funding for the festivities as a part of their

March 22 meeting.

"That's a big event in Lennoxville," said Borough President Claude Charron.

Although the festival finds its roots in Lennoxville's old town council, organization of Friendship Day was shifted to an external committee several years ago. These days, Charron said, the city of Sherbrooke just helps out by providing funding and security services, as well as by doing things like closing the roads for the traditional

parade.

At the same meeting, the borough also approved the transfer of \$18,500 reserved for the annual street festival to the operation of the Square Queen public space for this coming year.

Asked about the transfer, the borough president said that Square Queen has been functioning off of the street festival's budget since its creation in 2020, and that the lifting of restrictions came too late in time to be able to plan the festival as usual for this coming summer.

"That has to be planned a year in advance," Charron said.

The Councillor also said that there is some uncertainty about the future of the late-summer street fair in general, given the rising popularity of Square Queen.

Serge Langlois, who oversees the Explore Lennox business development project with Entreprenre Sherbrooke, said that there is a constant process of evaluation going on to see what initiatives are most effective for stimulating the local community. Despite Charron's uncertainty about the future of the street festival, he said not to count the event out or to

consider Square Queen a permanent fixture of the local landscape.

"The choice for this year was to keep Square Queen going," he said, "but I think we need to look at things one at a time."

Langlois was clearly aware of the popularity the pop-up park has developed over its two years of existence, but he pointed out that the whole project was always meant to be temporary and, significantly, it continues to operate on rented property.

"It has a lease that will expire and that we need to choose to renew," he said, adding that programming for the space is also, "like managing a mini festival all year long."

Langlois did not hide the fact that the focus of both the street fest and the Square Queen, from the perspective of Entreprenre Sherbrooke, is the "domino effect" of business and community development. That in mind, he said that an effort will be made to continue activities that have a benefit for Lennoxville, and revise those that don't.

"They are both the means, not the ends," he said.

Fourth dose

CONT'D FROM PAGE 1

across Quebec on Wednesday, an increase of 47 compared to the previous day following 148 new entries and 101 new discharges. According to the INESSS projections, the number new entries will likely rise closer to 200 in the coming weeks.

Of the 1,200 reported, 60 people were in intensive care, a decrease of 3 compared to the previous day.

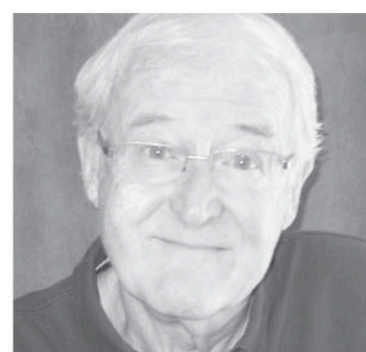
The province reported eight new deaths linked to the virus, for a total of 14,353 since the start of the pandemic.

In the Eastern Townships there were 74 in the hospital as of Wednesday's data, an increase of three. The region continued to have no intensive care patients with Covid and no new deaths.

EDITORIAL

Forgive me if I'm a bit skeptical but this is the same government that said 'we've turned the corner on COVID' so many times that we're almost back where we started.

A simple matter of priorities.



TIM BELFORD

One of the things that became obvious with the onset of this infernal pandemic was the failings of our health care system. I say 'obvious' because even the politicians noticed.

The system, which does so many things right, was exposed as inadequate for a major crisis. Everything, from our inability to supply enough equipment and beds, to the shortage of staff, came under question. Health authorities and government officials spent much of their time wringing their hands and assuring everyone that following the rules and the regulations and staying at home would see us through.

It didn't.

Now we are told that the government learned its lesson and there will be a major reform of the entire system. Forgive me if I'm a bit skeptical but this is the same government that said 'we've turned the corner on COVID' so many times that we're almost back where we started.

Take, for example, the promise that the politicians intend to improve working conditions, including the end of forced overtime for nurses. Most would agree that this is an admirable goal since none of us really want our nurse falling asleep as she or he administers an IV drip. The problem is that allowing the nurses to work a normal forty-hour week would entail more nurses. Unfortunately, this is

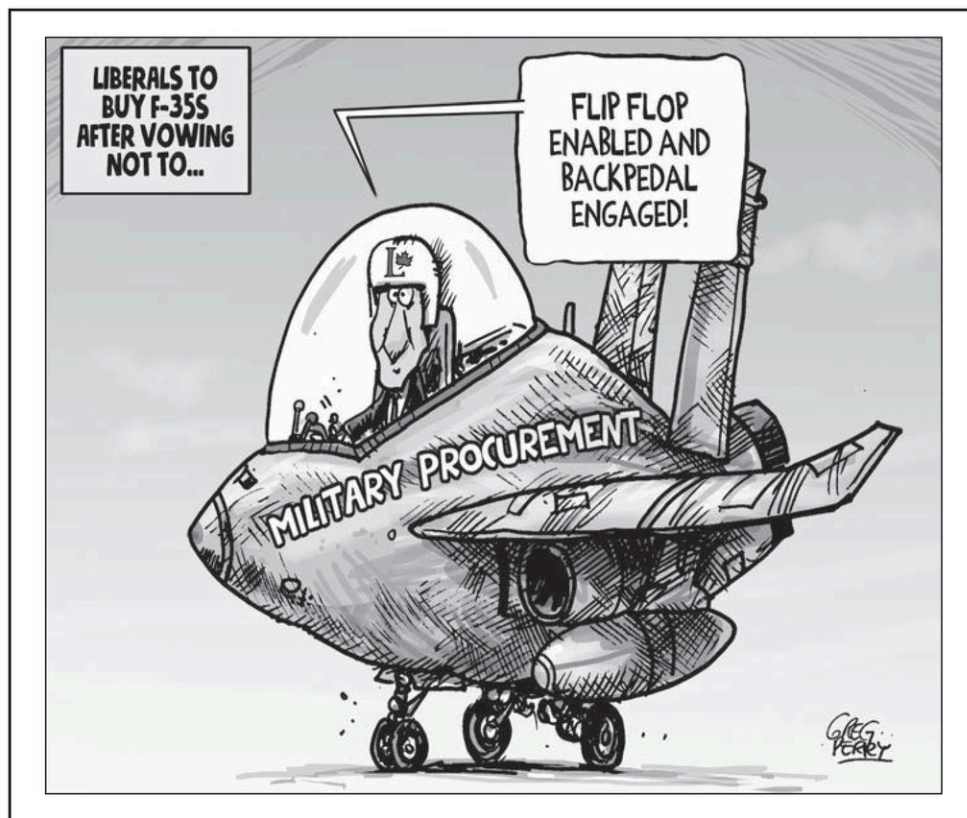
not something you can do with a wave of a bureaucratic wand. It takes time to educate and train more nurses; something the government has been loath to do in the past.

The solution offered is to hire up to 3,000 more administrative staff to ease the 'paper load' on nurses and give them more time to do what they were trained to do - help sick people. The problem here is that most of the overtime for nurses during the pandemic was spent just keeping people alive. Telling someone sitting beside a terminally ill patient or attempting to put a breathing tube down a gasping senior's throat that they won't have to fill out so many forms later on is not a solution.

Another dubious assumption in the 'health care solution' that's being offered up deals with the million or so Quebecers who don't have a family doctor and find themselves filing up the emergency rooms at their local hospital. Health Minister Christian Dubé suggests the problem could be solved with a new online service that would get people an appointment with an available family physician. The problem is that there ARE no available family physicians. That's why people keeping showing up at the ER with things like the flu or an earache in the first place.

Minister Dubé also thinks that family doctors could be persuaded to add two or three more patients to their practice. This is interesting since doctors, according to Dubé, see maybe one hundred patients a week and what's another two or three? Given a five-day week, this means your average family doctor sees about twenty patients a day. If they average 30 minutes a visit, that means the good old Doc, works ten hours per day or fifty hours per week. So what's another two or three patients when you're overworked in the first place?

The problem, as it is with the nurses, is simple. There are just too few family physicians. The solution? Train more, do a better and quicker job of



certifying doctors who immigrate to Canada

and allow doctors who want to retire to work part time.

All this costs money, yes, but money spent on public health is generally money well spent. The government

may have to stop funding its inquiry into why fewer Quebec kids play hockey and reduce funding for the myriad of festivals featuring bread, baked beans and rodeo riding but that's a simple matter of getting your priorities right.

Letters

DEAR EDITOR,

While going through some papers I found a letter I wrote to you in December. Oops. I guess my age is showing, at least my memory. However, better late than never. I want to thank the mayors of five municipalities, their councilors, and citizens for a wonderful magical night they created in December, especially for the children. The parade was the highlight, then the tree in the park completed with Santa Claus. My two little great grandchildren Hayden and Riley Johnston were so excited when they told me about their night out with their grandparents, James Johnston, mayor of Canton de Melbourne and his wife, Grace. It really does take villages to raise children.

Also, I want to thank the St. Patrick's Society of which I am a lifetime member and all the citizens who took part in the really spectacular parade on March 20. Also, all the people who came out to watch from here and out of town. It was the best St. Pat's parade of the year. It was the second large outdoor gathering since Covid began. There is so much work and organizing that went into these two events. I want everyone to know who strived to make these things happen that they are much appreciated by both young and old.

KATHLEEN LYNCH
RICHMOND, QC

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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

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The Border Report

One thing that we are still trying to make sense of is how the pandemic has impacted our young people's willingness to participate in the world around them.

Getting out and about



As an organization that strives to challenge our local youth to reach for their biggest dreams, there are times when we here at Phelps Helps need to step back and focus on simpler things. Last week, we took our participants on a shopping trip to the Carrefour de l'Estrie. They bought trinkets, new outfits, ice cream and one enormous teddy bear. We watched as their faces relaxed and they casually mingled through the mall.

Where did the students receive the funds to support such frivolous fun? They spend their free time working at the local Tim's and at Traditions. You will see them there in the evenings and on the weekends. For those who are too young to hold down jobs, they have been careful to hoard allowance or in another case the earnings from a home-made soap making operation. Friday was a chance to give back to themselves.

Stanstead is a sleepy country town with not much in the way of modern distractions to lure us out the door.

To escape weekend chores, kids have to get on their bikes, or head into the woods to climb trees and search for salamanders. These are the kinds of things that city kids can only dream of doing. While country living has much to offer a child's insatiable imagination, so do the whirling gears of a city.

One thing that we are still trying to make sense of is how the pandemic has impacted our young people's willingness to participate in the world around them. Unsurprisingly, participation among our high schoolers has declined, a phenomenon mirrored in academic studies. Despite numbers being up compared to last year, we are urgently responding to sluggish numbers. The best way to do this, we have concluded, is to give them opportunities to engage in pursuits that are simple and fun.

In the coming months, we intend to offer other kid-approved activities in the spirit of Friday's outing to the mall. We will find easy, affordable, and relaxing ways in which we can



COURTESY

come together as a community. The Phelps Helps staff will extend and flex themselves into slightly modified roles. We will continue to work hard to encourage academic achievement, however, we will also take time to play and do things that are less serious in nature. We're starting this Saturday by making the Sunnyside gym available to teens once a week. Come and check it out. You will find us shooting hoops,

drinking fruit smoothies and just hanging out.

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, visit our website at www.phelpshelps.ca.

FRONTIER ANIMAL SOCIETY

Featured pet: Trudy

Trudy is a happy, bouncy, and fun little dog. Originally from Jamaica, one-year-old Trudy arrived in Canada in late 2021 and was transferred into our care in mid-March. She is a little wiggle worm who loves to cuddle and likes to flop over for belly rubs.

Arriving in Canada in mid-November must have been quite a shock for this little beach bum who was used to sand, sunshine and warm temperatures but living as a stray, she faced her fair share of struggles. Yes, Canada is cold and snowy in the winter but at least here, Trudy will find her forever family. Given her cuddly nature, we have no doubt she'll indulge in every opportunity to spend those long winter nights, snuggled up in a soft and cozy bed enjoying her new life as family dog.

Weighing in at approximately 40 pounds, she is a small to medium size dog. She has a lot of bouncy energy

so her ideal adopter should be active and ensure she gets the daily exercise she needs. Trudy is a cutie with a lot of love to give but she isn't a pushover. She will do best in a home with a loving but confident and experienced adopter who will give her clear boundaries and provide her with the guidance she needs to be a well-rounded and happy dog.

Trudy interacts well with other dogs, but tends not to want to play with them. When she gets excited, she can also be a bit mouthy which is something we are working on. Because of this, she will do best in a home with adults only or kids 12 and up. Trudy seems to be ok with cats but if you have cats in the home, we will have to do further testing.

To inquire about adopting this cutie, please give our adoption coordinator Brenda a call at 819-876-7747 any day of the week between 8 a.m. and 8 p.m.



COURTESY

Radiologists raise red flags at CIUSSS de l'Estrie-CHUS

By Geoff Agombar
Local Journalism Initiative

Dr. Smith (not a real name) is a radiologist at CIUSSS de l'Estrie-CHUS.

Smith's first concern is to apologize if the interview is suddenly cut short. Smith is on call.

Smith's second question is to confirm an anonymous interview is acceptable, because resources may already have been withheld in retaliation for earlier efforts to flag concerns about a pilot project ongoing at the hospital for the past two years.

Dr. Colette Bellavance, director of professional services confirms that CIUSSS de l'Estrie-CHUS is one of five regions participating in a pilot project called CRDSi, short for Centres de répartition des demandes de services en imagerie médicale, or medical imaging referral centers. Specifically, the CRDSi is being used to order CT scans, MRIs, general ultrasound, and breast ultrasounds.

Smith says problems with the CRDSi forms were immediately evident on the ground, because the forms were not conceived for use in a hospital setting. They were designed

for general practitioners prescribing imaging without consultation, not for specialists, pediatric care or emergency care.

Specific issues with the form included obligatory fields that the doctor had to check in order to advance to desired fields, leading to false data entry. Or, options being too narrow for hospital setting. Or, needed options that are hidden until the doctor clicks down the right path, like choosing the wrong option in a phone directory.

Smith says the specific issues are one concern, but more generally the effect has been to disrupt and distort the channel of communication between clinician and radiology, radiology and clinician. This has had a negative effect on prioritisation of cases and maintaining the prescribed calendar of care. The radiology department has had to work much harder, often playing detective, to maintain the level of care, in Smith's judgement.

Bellavance says the radiologists' concerns are valid, and that the administration as well as the committee governing the pilot project has endeavoured to incorporate their feedback and

address their concerns. "The expert committee is comprised of many experts from different regions, including from the Quebec association of radiologists (ARQ)," Bellavance notes. "It is a well-structured approach, and the risk assessment, since we are talking about assessing risks, is not necessarily shared unanimously across all experts."

Bellavance points to eventual benefits of digitized prescription forms such as trackability, legibility, minimizing transcription errors, and guiding prescribing doctors toward appropriate imaging modalities. Until the process is digitized, prescriptions are transferred by fax or delivery.

Smith says such benefits are indeed to be advanced, but the current system is faulty and has led to confusion and stress. Cases have arisen such as a toddler being needlessly placed under general anesthesia, which Smith notes did not lead to injury or death but that not causing injury or death is not a measure of quality of care.

Radiologists expressed their concern through internal channels before passing to more formal communications. Documents obtained by The Record include a letter addressed to Dr. Bellavance on Apr. 6, 2021, referring to a questionnaire of members of the CLEQAMDP (local committee for the evaluation of the quality of medical, dental and pharmaceutical procedures), and referring to an annex of 11 testimonials by ten individuals and one group.

A summary of the testimonials refers to risks of a cacophonous process that jeopardize good conduct. The CLEQAMDP members expressed a pressing need to rebuild the CRDSi forms to refocus on the two-way flow of clinical information, among other priorities.

A subsequent letter to the board of directors a few months later includes reference to an "avoidable incident." Since the incident was related to a deficiency in the computerized process which they had denounced, the radiologists had been assured by their insurers at the Canadian Medical Protective Association their defense was solid in that incident.

Reporting by TVA and Journal de Montréal last week suggest this is a reference to the case of an adolescent who had the wrong body part examined because there was no box for the correct body part in the CRDSi form. This apparently led to a 10-day delay for a treatment that should have occurred within 24-hours, resulting in elevated medium and long-term risks for the patient.

Bellavance notes that improvements to the CRDSi forms have been incorporated as quickly

as possible, in coordination with the expert committee at the provincial level. In some cases, such as obligatory fields which encouraged false data entry, the fields were removed temporarily to diminish risks until more advanced improvements could be fully incorporated, for example.

Bellavance notes that such errors occurred before CRDSi and no process will ever achieve a perfect elimination of all risks, "The project team has been focused on making the improvements that were possible, while maintaining our participation in the pilot project. Because if we had withdrawn from the pilot project, it would have had much greater impacts than continuing while waiting for coming improvements to the forms."

"I would like to reassure the population that radiology care at the CIUSSS de l'Estrie-CHUS is high quality and safe," says Bellavance. "We all have the same objective, and the objective is quality, safety, and accessibility of care within the appropriate time frame. We share these objectives with the radiology team as well."

Smith does not question the good faith of Dr. Bellavance and other doctors in the administration or on the board of directors. Indeed, Smith says this is among the motivations behind a Mar. 17 letter to the Collège des Médecins du Québec signed by a number of radiologists requesting "professional ethical support to untangle issues of unsafe data practices at CIUSSS-CHUS," as quoted in the TVA/Journal report. As fellow members of the college, Smith suspects such support could ultimately be of assistance to fellow doctors in resolving departmental debates with non-doctor administrators.

Smith agrees with Bellavance that radiological care at the hospital remains safe and secure, but this has been come at the cost of additional effort and stress within the department. Smith is uncomfortable to step outside internal communication channels to address these concerns, but says that the situation has been evolving for two years.

Smith is unclear on which "greater impacts" Bellavance is referring to, but that it is a phrase that has been repeated often these past two years. Smith refers to the role of detective again, but this time in reference to questions about what funding has come to the CIUSSS de l'Estrie-CHUS in exchange for serving as the only hospital to participate in the pilot project, and how have those funds been used.

Smith cites a professional obligation to include stakeholders, and a conviction that it is time to include a stakeholder that has been missing from this debate: the community.

In Person
JOB FAIR

Thursday, April 14, 4-7pm

Green Mountain Conference Room Inside NMC's Conference Center

Parking in NMC's Conference Center lot

Northwestern Medical Center is hosting a Job Fair, come meet with NMC hiring managers on April 14 from 4- 7 pm in our Conference Center. NMC is currently recruiting Registered Nurses, Environmental Services, Respiratory Therapy, Lab Assistants, Pharmacy Technicians, and many more.

NMC offers competitive pay in a recently-refreshed wage structure; a full benefits package including tuition reimbursement, retention incentives, retirement benefits, generous sign-on bonuses for eligible positions and a friendly work environment.

This is a terrific opportunity to learn where you fit on our talented team dedicated to providing exceptional care for our community.

Walk-Ins are welcome! For questions or to schedule an interview onsite, email humanresources@nmcinc.org



Northwestern
Medical Center



GENEVIÈVE HÉBERT
MNA FOR SAINT-FRANÇOIS

 **819 565-3667**

 Genevieve.Hebert.SAFR@assnat.qc.ca

CHRISTOPHER SKEETE
MNA FOR SAINTE-ROSE
PARLIAMENTARY ASSISTANT TO THE PREMIER FOR
RELATIONS WITH ENGLISH-SPEAKING QUEBECERS

 **450 963-8272**

 Christopher.Skeete.SARO@assnat.qc.ca

Geneviève Hébert, Member of the National Assembly for the riding of Saint-François and MNA Christopher Skeete, Parliamentary Assistant to the Premier for Relations with English-speaking Quebecers.

Reaching out to English-speaking Quebecers

The Québec government elected in 2018 understood the importance of a strong relationship with English-speaking Quebecers and has maintained the structure of the Secretariat for Relations with English-speaking Quebecers and increased its funding. Notably, it fulfilled the need to consolidate access to health services for English speaking seniors, with the creation of new Seniors Wellness Centers announced in June 2021.

In the employability sector the government made progress by adopting specific measures in the 2020-2021 budget towards an Employability Strategy (\$7M over 5 years). In this regard, it is addressing one of the most important challenges facing the English-speaking community: its ability to retain its youth. The government is proud to support projects and organisations such as The Consortium of English-language CEGEPs, Colleges and Universities of Quebec and Bishop's Forum that will help us seek innovative incentives to encourage graduates and youth to stay in the province.

The Secretariat also introduced several initiatives to promote employment for English-speaking Quebecers. It has financially supported Youth Employment Services (YES) to create a national employability network with partners from English-speaking communities called the Provincial Employment Roundtable (PERT).

Over the next few years, the government wants to improve its relations with organizations and institutions from English-speaking communities. With the ministries, the Secretariat is a reliable and relevant source of information on the reality and daily life of English-speaking Quebecers. The government wants it to continue like this.

The program "Strengthening the vitality of English-speaking communities" made it possible in 2020-2021 to help 27 sectoral or national organizations on health and social services, employability, culture and communications issues, and to support 147 projects within regional organizations in 15 regions of Quebec on issues of vitality of communities.

As for me, I am available to serve my riding's anglophone community. For instance, I can write letters of support, open doors to put people in contact and connect them to services. Furthermore, I am in touch with the Parliamentary Assistant to the Premier for Relations with English-speaking Quebecers, MNA Christopher Skeete, who can help local and regional organizations access government services and funding.

Tangible support for the anglophone community

I brought to the attention of the Minister of Higher Education the project to transform Bishop's University's Divinity House into an Indigenous Students' Gathering Space and Resource Centre. As a result, the Québec government provided \$5.9M of the \$6.9M needed.

The Québec government also contributed \$4,1M of the \$5,3M funding for the renovation of the indoor pool at the John H. Price Sports and Recreation Centre on the Bishop's University campus.

In addition, the Government of Québec invested \$1.8M over three years to allow Bishop's University to further advance the development of the Sustainable Agriculture and Food Systems (SAFS) program.

I have been advocating to unfreeze two issues for the beneficiaries of Grace Village, namely a grant of \$100,000 for leisure activities and another one of \$200,000 for health care.

Since 2020, I gave \$50,409 to support voluntary actions in 23 anglophone organizations of my riding.

In addition, the Québec government issued many other grants to organizations of the Eastern Townships such as the following ones.

The Townshippers' Association received \$603,808 from 2018-2019 to 2021-

2022 and \$203,460 are already provided for 2022-2023, for a total of \$807,268 over five years.

For its part, Phelps Helps obtained \$102 272 from 2018-2019 to 2021-2022.

\$360,000 were awarded to Bishop's University from 2019-2020 to 2021-2023 in order to enhance the employability of English-speaking students and offer educational and cultural activities to 50-year and older English-speaking persons. In addition, the University got \$480,000 for the Bishop's Forum from 2020-2021 to 2022-2023. It is \$840,000 total.

The Eastern Townships Resource Centre located at Bishop's University received \$57,273 from 2018 to 2020 to develop a sense of belonging to Québec among anglophone Quebecers.

The Colby-Curtis Museum was awarded \$15,200 from 2020 to 2022 for its Covid Relaunch project.

Radio Bishop Inc procured grants of \$82,248 in 2020-2021 and of \$113,860 in 2021-2022 through the community media operation support program.

Finally, a grant of \$31,543 helped The Record use new digital tools in 2020-2021 develop the business model of Brome Country News.



Geneviève Hébert
Member of the National Assembly
for the riding of Saint-François

Death



LEO T. HAMEL

In loving memory of a dear husband, father, grandfather and great-grandfather who left us March 31, 2021.

The hours, the days, the weeks, the months and now 1 year, Still, it seems I wait for you to reappear. We laid you in the ground, placed your name upon the stone. All details signed and bound, but tell me, when are you coming home? Each night I say my prayers though I have yet to be resigned, For the memories of you still come so often to mind.

My love, at times I feel so lost, I look at death trying to forgive. While I still hold it in contempt for having stolen what we lived. I hear the creaking of your chair, I see you walking down the hall, It's as though you're still here after all.

God gives me strength and I go on, however, slower than before I thought by now I'd miss you less, but every day I miss you more. Who else but God can understand, a sorrow much too deep to touch. I know His mercy holds my hand as I still love you so very much.

Dear God, though my heart is not ready to release the one, Who now lies in the hands of Thy Beloved Son, Lead me to peace knowing Thy grace wills what is best, Who gives with love His eternal rest.

Written by loving son, FTH

**Forever yours,
DOREEN**

Date Book

THURSDAY, MARCH 31, 2022

Today is the 90th day of 2022 and the 12th day of spring.

TODAY'S HISTORY: In 1889, the Eiffel Tower was dedicated in a ceremony in Paris.

In 1930, the Motion Picture Production Code was adopted to regulate mature content in movies.

In 1968, President Lyndon Johnson declared a halt to bombing missions over North Vietnam and closed the televised speech with the announcement that he would not run for reelection.

In 1995, singer-songwriter Selena was murdered by the former president of her fan club.

TODAY'S BIRTHDAYS: Rene Descartes (1596-1650), philosopher/mathematician; Joseph Haydn (1732-1809), composer; Mary Abigail Dodge (1833-1896), writer; Jack Johnson (1878-1946), boxer; Cesar Chavez (1927-1993), labor leader; Gordie Howe (1928-2016), hockey player; Liz Claiborne (1929-2007), fashion designer; Herb Alpert (1935-), musician; Christopher Walken (1943-), actor; Al Gore (1948-), former U.S.

vice president/senator; Angus Young (1955-), guitarist/songwriter; Ewan McGregor (1971-), actor; Jessica Szohr (1985-), actress.

TODAY'S FACT: Gustave Eiffel designed the interior structure of New York's Statue of Liberty.

TODAY'S SPORTS: In 1975, Hall of Fame basketball coach John Wooden announced his retirement during the postgame press conference after leading his UCLA Bruins to a 92-85 win over the Kentucky Wildcats and earning his NCAA-record 10th national title.

TODAY'S QUOTE: "If you would be a real seeker after truth, it is necessary that at least once in your life you doubt, as far as possible, all things." - Rene Descartes

TODAY'S NUMBER: 2,212 - Broadway performances in the 15-year run of "Oklahoma!" The Rodgers and Hammerstein hit debuted on this day in 1943.

TODAY'S MOON: New moon (March 31).

Do Just One Thing



By Danny Seo

This is a good time in most parts of the country to prep your garden for spring plantings. The most important step is to remove dead plants that can be composted into beneficial mulch. This includes dead weeds with seeds so you can prevent those seeds from germinating. Place those plants in the middle of your compost so the heat kills them. And any mulch that's very broken down can just stay put in the garden.

New studies coming to study Psychobiome

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

Dear Doctors: I've been seeing in the news that if you're depressed, it probably has something to do with your gut. Is it possible that all mental illness comes from a bad gut? Does that mean it would be possible to find a cure?

Dear Reader: As researchers explore how the trillions of microbes that live in our gastrointestinal tracts affect our health and well-being, the link between the gut and the central nervous system has grown increasingly clear.

The central nervous system, or CNS, consists of the brain and the spinal cord. In addition to overseeing movement and controlling the body's response to sensory information, the CNS is the seat of thought, memory and emotion. Decades of studies have found a link between the composition of the gut microbiome and CNS functions such as mood, cognition and mental health. This connection has even been given its own name - the psychobiome.

A recent case study by scientists in Australia described their work with a patient living with bipolar disorder. This is a mental health condition

marked by extreme mood swings, including emotional highs and intense lows. The patient, a 28-year-old man who was diagnosed with bipolar disorder when he was 15, underwent a fecal transplant. That's a procedure that introduces the stool of a healthy person into the colon of someone who is ill. In the months following the procedure, the man experienced a marked lessening of his symptoms.

In a different case study, published by researchers from Switzerland, Iran and Germany, two women who had been living with severe depression for many years also received fecal transplant therapy. In the weeks after the procedure, each woman reported a decrease in her symptoms.

While the outcomes here are intriguing, it's important to note that these are single-patient case studies. That means the results apply only to the specific situations described. They cannot be generalized for a larger population. Further research with more participants, and over longer periods of time, is needed to put these case studies into perspective.

It appears that the gut-brain connection plays an important role in neurological disorders, as well. These

include multiple sclerosis, Parkinson's disease, Alzheimer's disease and amyotrophic lateral sclerosis, also known as Lou Gehrig's disease. Large-scale studies use stool samples to analyze the types and species of gut microbes in participants' intestines. These have identified distinct differences between the microbial profiles of healthy individuals and those with mental health and neurological disorders. Whether these anomalies are the cause of the disorders or represent additional symptoms is not yet clear. However, the findings point to the possibility of using beneficial bacteria to treat mental health disorders, either with the microbes themselves, or with drugs that simulate their metabolic functions.

An upcoming clinical trial, approved by the Food and Drug Administration, will break ground by using that approach. Researchers plan to test two specific strains of live microorganisms to see if they will slow progression of symptoms in people living with Parkinson's disease. If successful, it will mark an important new phase of research into the psychobiome.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

\$26.00 (\$29.90 taxes included) **WITH PHOTO:** \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: classad@sherbrookerecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

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.

NEA Crossword Puzzle

Your Birthday

THURSDAY, MARCH 31, 2022

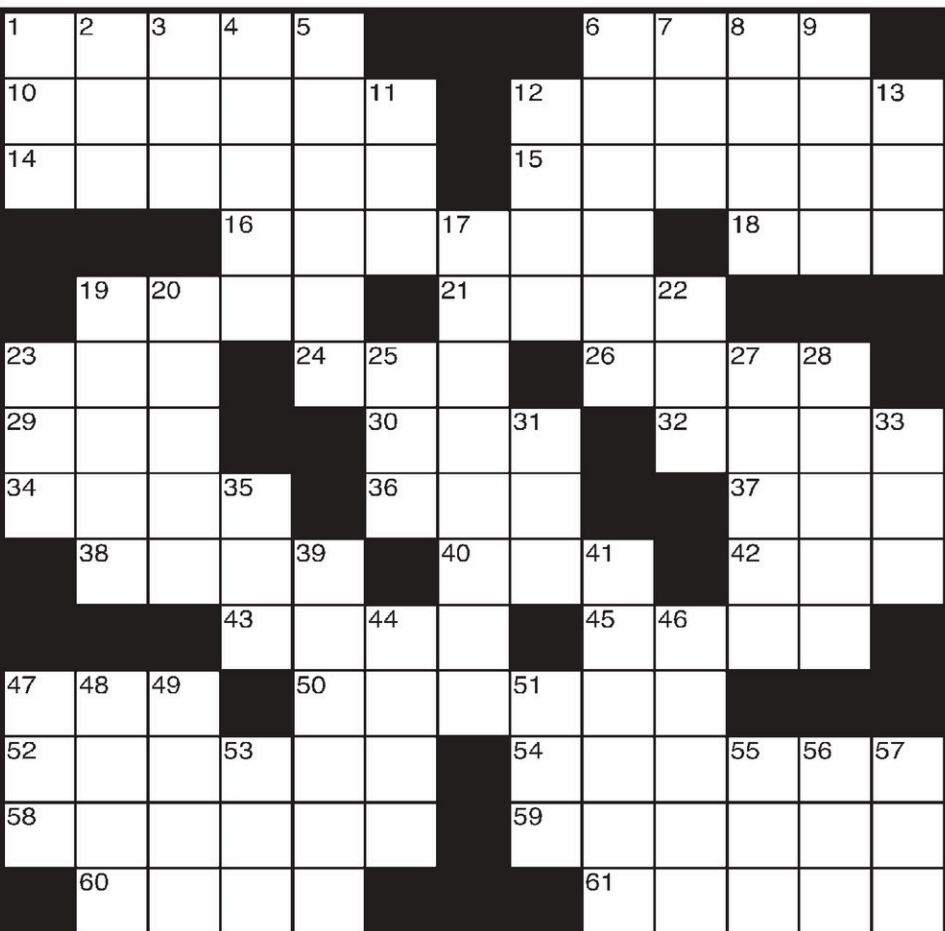
Answer to Previous Puzzle



- ACROSS**
- 1 Cove
 - 6 Scoots along
 - 10 Position, as troops
 - 12 Go off the track
 - 14 Flavorful seed
 - 15 Exertion of power
 - 16 Japanese mat
 - 18 That girl
 - 19 Worry
 - 21 Location
 - 23 Female antelope
 - 24 Alley —
 - 26 Noise heard in traffic
 - 29 Mr. Woosnam of golf
 - 30 Tripod part
 - 32 Approach
 - 34 High spirits
 - 36 Prior to
 - 37 Debate side
 - 38 Mop
 - 40 Corporate ending
 - 42 Golfer — Alcott

- 43 Huck Finn's transport
 - 45 "The Mammoth Hunters" heroine
 - 47 Prehistoric
 - 50 Imported auto
 - 52 Charge with gas
 - 54 Renovates
 - 58 Scoundrels
 - 59 Cringe
 - 60 Totally amazed
 - 61 Water-logged
- DOWN**
- 1 Psyche components
 - 2 Social Register word
 - 3 Hi-fi records
 - 4 Fill with joy
 - 5 Kind of paste
 - 6 Nadir opposite
 - 7 Anger
 - 8 Golf scores
 - 9 Sound bored

- 11 Even so
- 12 Moore of "G.I. Jane"
- 13 Wood ash product
- 17 Harshness
- 19 Paddock youngsters
- 20 Magazine exhortation
- 22 Vast stretch of time
- 23 Use a spade
- 25 "Grand — Opry"
- 27 Sherpa's country
- 28 Cause-and-effect law
- 31 Mil. rank
- 33 Orbison or Acuff
- 35 Projecting handle
- 39 Faced the pitcher
- 41 Provides the eats
- 44 Celts, to Romans
- 46 Google rival
- 47 Sturdy tree
- 48 Swedish actress — Olin
- 49 Dead heat
- 51 Website suffix
- 53 St.
- 55 Dow Jones fig.
- 56 Canine command
- 57 Conniving



Put your heart and soul into whatever you do this year. Get the lowdown and focus on a plan. Your enthusiasm will be infectious and will draw interest and support from people with innovative suggestions. Hard work will cultivate stability and give you peace of mind.

ARIES (March 21-April 19) – Intelligence and persuasiveness will be your tickets to success. Express your thoughts and use your experience to get others to see things your way. Personal gain is apparent.

TAURUS (April 20-May 20) – Put your energy where it counts. How much you accomplish will determine what happens next. Bold action will ward off criticism and complaints. Play to win, but be scrupulous at all times.

GEMINI (May 21-June 20) – Keep your life simple, your plans doable and your expenditures reasonable. The decisions you make and the information you share will determine how much help you'll receive.

CANCER (June 21-July 22) – Work alone, or at least avoid conversations about sensitive issues. Getting into a nasty debate won't solve a problem or help you take care of your responsibilities. Pay attention to your duties.

LEO (July 23-Aug. 22) – Pay attention to what others say, and you'll learn a lot about life and what you can do to excel. A partnership nurtured lovingly will enhance your life and encourage future advantages. Romance is favored.

VIRGO (Aug. 23-Sept. 22) – Look for

the good in everything and everyone. A positive attitude will help you bring about worthwhile change. You have more options than you realize. Discuss your likes and dislikes.

LIBRA (Sept. 23-Oct. 23) – Don't act quickly. Own the stage and set priorities that suit your needs. Speak from the heart and align yourself with people who share your sentiments. Don't commit to something in haste.

SCORPIO (Oct. 24-Nov. 22) – Step back if you aren't ready to decide. Stay put until you reach a better understanding of potential consequences. Don't be fooled by someone who doesn't share your vision.

SAGITTARIUS (Nov. 23-Dec. 21) – Rely on sources you can trust. Someone's experience can offer a wealth of information to help you decide what you need to do. Put your emotions aside for the time being.

CAPRICORN (Dec. 22-Jan. 19) – Do something that excites you. Let your creativity flow, and you'll discover a way to mix what you do well with something that exhilarates you. Avoid people who like to play devil's advocate.

AQUARIUS (Jan. 20-Feb. 19) – Stop and think before making a move. Don't follow in someone's footsteps when doing your own thing is the route to happiness and satisfaction. Think your plan through.

PISCES (Feb. 20-March 20) – You'll have plenty of ideas, but before you convince others to participate in something, make sure you can provide the results you promise. Abide by rules and regulations.

THURSDAY, MARCH 31, 2022

Lose one, win 10 -- that's good business

By Phillip Alder

Everyone's dream is to make a small investment in the stock market and later to take out a vast profit. Similarly in bridge. Sometimes you have to make a tiny investment – sacrifice a trick you needn't have lost – for a large return – success rather than failure in your contract.

Today's contract of four spades doubled was played brilliantly by a mercurial English expert, John Collings. West's double of South's forcing rebid was pointless. East's double of the final contract is typical of rubber bridge, but it isn't recommended when playing against a declarer who will draw the appropriate inferences about the lie of the cards.

Collings won the club-nine lead with his singleton queen and played the spade king. East grabbed it with the ace and flashed the heart six onto the table.

It was obvious even to the valet parker that this was a singleton. But if East had the diamond ace, as seemed certain from his double (and West's failure to bid on the first round of the auction), how could declarer get into the dummy to cash those lovely club winners?

Collings saw how. He won with the

North		03-31-22	
♠	8 6 3	♥	Q 3
♦	Q 8 2	♣	A K J 8 2
West		East	
♠	5 2	♠	A 9 7
♥	K J 10 9 8 7	♥	6
♦	J 6 4	♦	A 10 9 3
♣	9 5	♣	10 7 6 4 3
South			
♠	K Q J 10 4	♥	A 5 4 2
♦	K 7 5	♣	Q
Dealer: South Vulnerable: Both			
South	West	North	East
1♠	Pass	2♣	Pass
2♥	Dbl.	3♠	Pass
4♣	Pass	Pass	Dbl.
Pass	Pass	Pass	
Opening lead: ♣ 9			

heart ace, cashed the spade queen and led the spade four, giving East a free trump trick with his nine. (If he had unblocked his nine, declarer would have led his four to dummy's eight.)

What could East return? A club would give declarer four tricks in the suit for all of his red-suit losers. A diamond would give Collings two tricks in that suit and a dummy entry to the club winners.

CELEBRITY CIPHER

by Luis Campos

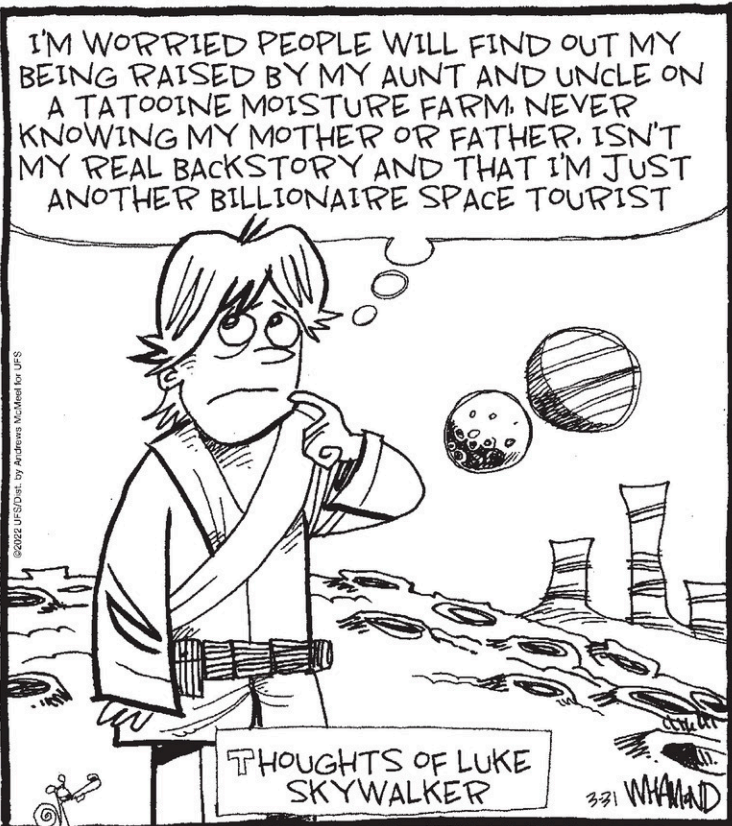
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ K MDORAD TDCP OCKFKORE XG ...
OKCOWLDL RIH SDDJKIZ RIKAREL KI
ORJFKTKFP. K UKLV KF URL RZRKILF
FVD ERU.” — OVCKLFXJVDC URES DI

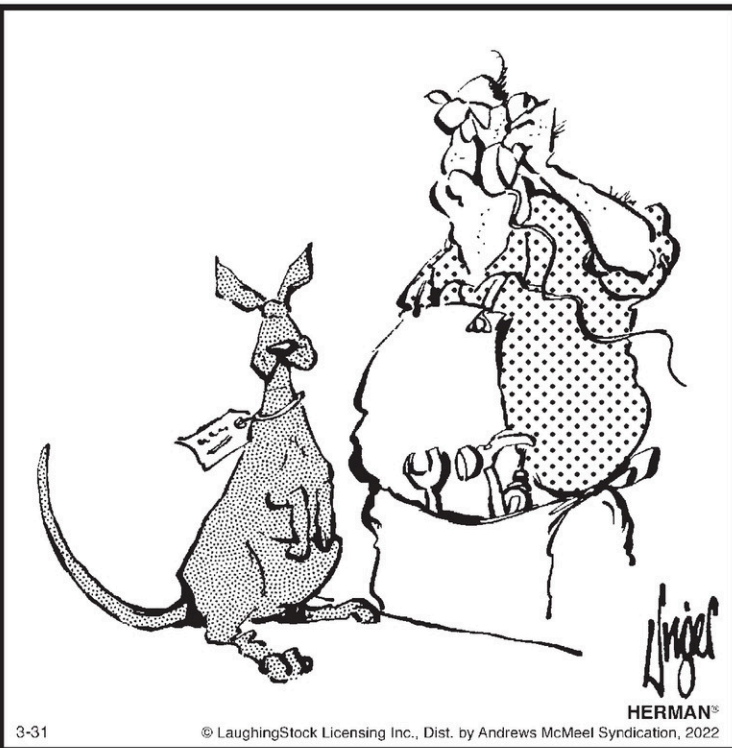
Previous Solution: “I make an active effort to remain a positive role model to kids ... to show them there’s another way.” — MC Hammer

TODAY’S CLUE: n sjanbe M

REALITY CHECK

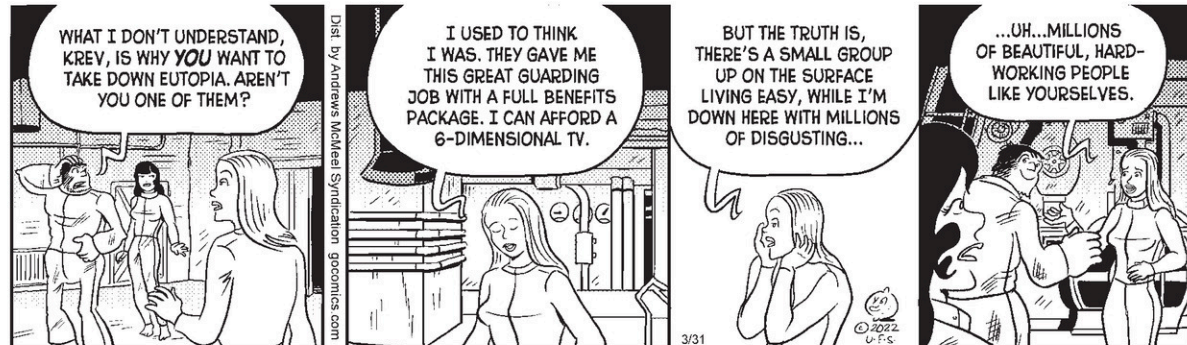


HERMAN



“Why don't you listen? I said, 'Send over a can of glue.'”

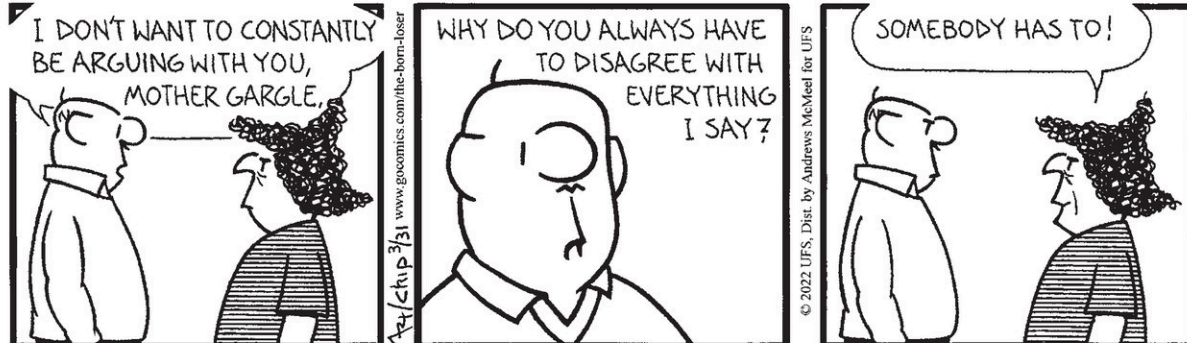
ALLEY OOP



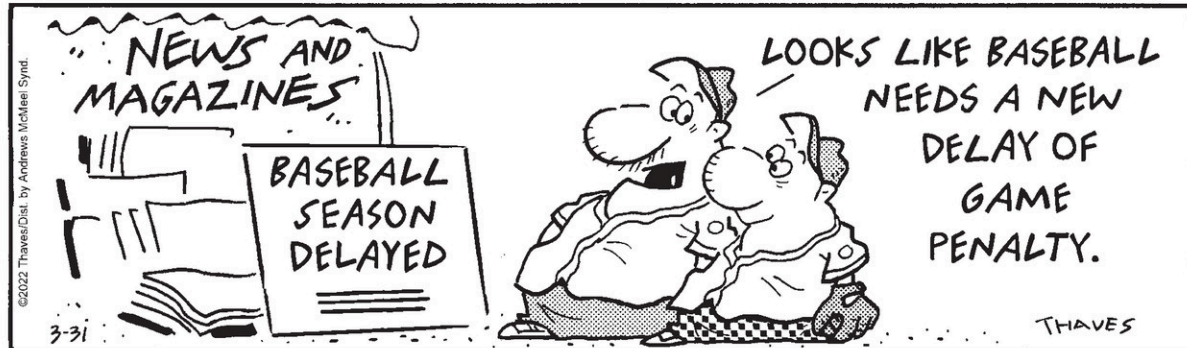
ARLO & JANIS



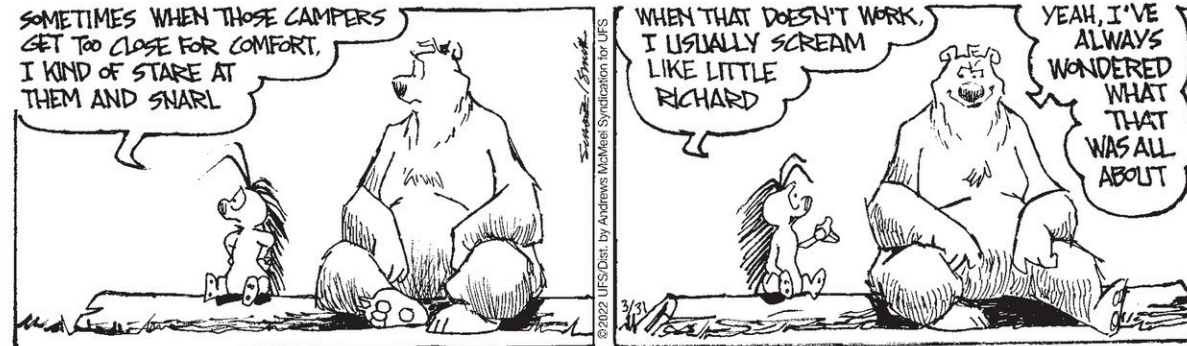
THE BORN LOSER



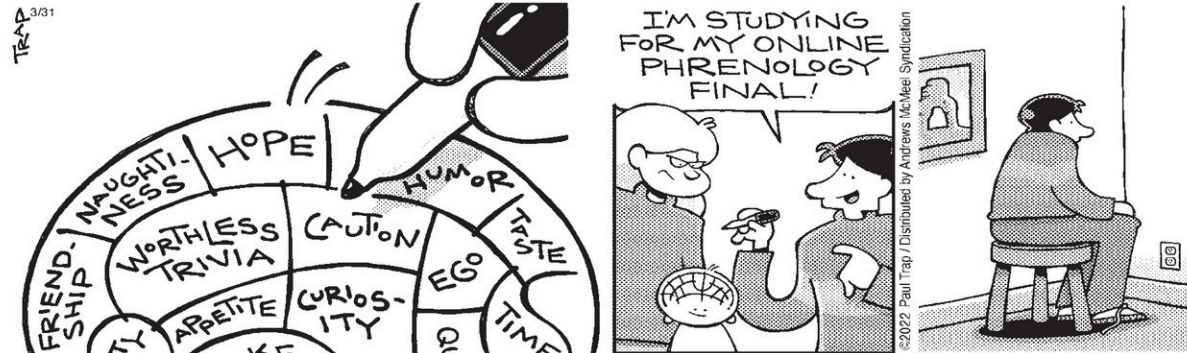
FRANK AND ERNEST



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TOWNSHIPS
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LENNOXVILLE
 Clothing Exchange 2022 at Oasis Christian Centre, 219 rue Queen, Sherbrooke. All are welcome. Free used clothing. Collection of clothes: Sunday, March 27, 9 - 10 a.m., March 28 - 30, 9 - 11 a.m., March 31, 6 - 8 p.m. Distribution: Friday, April 1 from 3 - 8 p.m. and Saturday, April 2 from 9 - 12 a.m. Information: 819-342-0950.

RICHMOND
 Rummage Sale, April 9, 8 a.m. to noon, St. Anne's Anglican Church, Main St. South. Small kitchen appliances (some new), LP records, DVDs, books, pictures, oil paintings, corner what not, stereo system with components, clothes, linens, (Bag Sale), dishes, decorations, jewellery, card tables.

NORTH HATLEY
 North Hatley Legion fundraiser - Pete's Seafood Chowder or homemade chicken soup, April 7, 6 p.m., at the Legion. Reservations needed by April 4. Call 819-842-2933 after 2 p.m.

LENNOXVILLE
 Used Book Sale, Boutique Encore, 3355 College, Lennoxville. Over 2500 titles. Proceeds to Grace Village Care Foundation. Thursday, April 7 and Friday, April 8, 10 a.m. to 7 p.m., and Saturday, April 9, 10 a.m. to 4 p.m.

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

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PREVIOUS SOLUTION

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

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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Serial Interrupter

Dear Annie

THURSDAY, MARCH 31, 2022

Dear Annie: My husband constantly interrupts me. When I open a conversation with him, he immediately starts talking about his thoughts before I even have a chance to finish mine. When with a group of people, I will start to say something about an experience we may have had, and he immediately takes over the conversation.

I have talked to him about this numerous times. He says I'm immature when I complain. I've even said, "I'm talking now!" but to no avail. I want to embarrass him at times and make a big deal of his rudeness, but I am not rude. I've told him it's rude, disrespectful and leaves me feeling that what I have to say is unimportant. Any suggestions? - Steamrolled

Dear Steamrolled: Communication is key. As you've alluded to with your "I want to embarrass him" comment, frustrations such as these can often snowball into resentment and even anger. It's important that you nip this nuisance in the bud before it grows into something bigger.

Discuss the dilemma in the presence of a couples therapist, and be sure to emphasize the way his behavior makes you feel - using "I statements" rather than "you statements."

Your voice deserves to be heard.

Dear Annie: My oldest son has not spoken to me in 15 years. I have no idea what the problem is. I've tried calling him, but he won't answer his phone. I left voicemails, always telling him that I love him.

He told his wife to call my wife (his stepmom) and tell me to stop calling him because he wasn't going to answer. So, I tried emailing. But he blocked my emails. Then I started sending texts. He blocked those also.

My wife and I decided to drive to his workplace and buy him lunch. He's a golf course superintendent at a prestigious private course. It was a 2 1/2-hour drive to his course. They called him from the clubhouse and told him that his dad was here to take

him to lunch. He told them to tell me that he wasn't on the grounds. That wasn't true because the guard told us explicitly that he was on the grounds. So, we drove another 2 1/2 hours home.

I am now at a loss for how to fix this relationship. I feel as though I have tried everything, including much prayer time. My wife and I are both Christians and love the Lord. At one time, my son was also. But I don't believe that he is following his earlier beliefs anymore. I am anxious to get this fixed. I am a Vietnam veteran with several health issues caused by Agent Orange. I really want to fix this before I am no longer able to physically. Please help. - Desperate for my Son

Dear Desperate for My Son: I am sorry for the unbearable pain you must be feeling. As a parent, there is nothing worse than being separated from your kids.

That said, children rarely sever ties with their parents without a reason. Think back on your relationship with your son: Is there something you could have done that may have upset him? If so, a heartfelt apology might do wonders.

I would also ask yourself: How is your son's health, both physical and mental? How is his relationship with his wife? Paradoxically, a person who is suffering often pushes away those closest.

If these questions lead you nowhere, there isn't much else you can do. Relationships are a two-way street; if he does not want contact with you, you cannot force your way into his life. Keep calling and reminding him of your unconditional love. God willing, he will find his way back to you.

"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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