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TUESDAY, JANUARY 25, 2022

Quebec to make new attempt to reach unvaccinated adults

By Gordon Lambie

Quebec's strategy to get more of the 540,000 unvaccinated people in the province to get their first dose will begin with the implementation of new drop-in clinics this week in Montreal, before branching out to targeted areas across the province.

"There are many factors that go into the decision not to get the vaccine" said Lionel Carment, Quebec's junior Health Minister, pointing out that that number includes people with varied vulnerabilities, people from marginalized communities, and others who might be hesitant or worried for other reasons. "Many approaches have been taken in recent months to reach this population, but I think we need to do more."

Carment said that the population as a whole has been remarkable in its support for the vaccine to date, but said that a new effort is needed to provide access and information to those who have yet to get the shot.

Daniel Paré, the director of the provincial vaccination campaign, said that the first drop-in clinic will open on Thursday of this week, with more to come in regions with lower vaccine coverage across the island of Montreal. A similar model will then be rolled out in other regions of the province.

"We want to go to the places where the vaccination rates are the lowest," Paré said, noting that an evaluation of the best sites for clinics will be made

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Convoy organizer predicts 30,000 trucks in Ottawa next week



THE CANADIAN PRESS/DARRYL DYCK

Truckers and supporters raise their fists and hold a banner before a cross-country convoy destined for Ottawa to protest a federal vaccine mandate for truckers departed in Delta, B.C. on Sunday, January 23, 2022. The federal government announced in November that all Canadian truckers looking to cross the border from the United States would need to be vaccinated in order to avoid a 14-day quarantine, a policy that came into effect Jan. 15.

Geoff Agombar Local Journalism Initiative

On Sunday, Jan. 23, truckers gathered in British Columbia, leaving Delta and Prince George, destined for Calgary by nightfall, but aiming for Ottawa by Jan. 29.

Slow-rolling protests are scheduled to join the Freedom Convoy 2022 over the coming days in cities across the country, eventually converging on the nation's capital from all directions.

Ostensibly inspired by new pandemic restrictions on unvaccinated

cross-border truckers, commentary online and in the media makes it clear that the protest is quickly ballooning based frustration against pandemic health measures more generally.

Speaking to CTV Calgary as BC truckers rolled into town, supporter Benita Pedersen predicted as many as 30,000 trucks will have joined before the convoys reach Parliament Hill next weekend.

Last November, Canada and the US announced of changes to Covid testing requirements for 72-hour cross-border travellers. At the same time, both

countries announced that exemptions for cross-border trade traffic by essential workers like truckers would be lifted in January.

On Jan. 15, those exemptions were lifted in Canada. Truckers are no longer exempt, so unvaccinated drivers must now present PCR test results to cross the border and quarantine for 14 days after entry.

On Jan. 22, the US cancelled its exemptions too. The US restrictions also apply at their southern border with Mexico.

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## Weather



TODAY:  
SCATTERED  
FLURRIES

HIGH OF -5  
LOW OF -20



WEDNESDAY:  
A MIX OF SUN  
AND CLOUDS

HIGH OF -19  
LOW OF -27



THURSDAY:  
MAINLY SUNNY

HIGH OF -9  
LOW OF -11



FRIDAY:  
SCATTERED  
FLURRIES

HIGH OF -4  
LOW OF -15



SATURDAY:  
SNOW

HIGH OF -12  
LOW OF -20

# On birthmarks and Robbie burns



DISHPAN HANDS  
SHEILA QUINN

There is something to be said for the cry of the places we are from. Possibly, in particular, our birthplaces, that strange stamp on our lives no matter where the rest of it was lived. The invisible birthmark of origin. For some, when their birthplace is left early in life, sometimes with a drastic move, that strange place name on a birth certificate feels truly foreign, so long past, a history that is of us, but that we don't remember.

For others, it isn't just nebulous past geography, but something that seems to run through our veins, that name smaller and smaller until its stamp is viewable only via microscope, on strands of DNA.

Such was the case for our Gran, born in 1912 in Castlecarry, now part of Glasgow, Scotland.

I can't even see the names 'Glasgow' and 'Scotland' without feeling like my name is being called.

This is certainly our Gran's influence - she was just 18 months when she left with her Mum and sisters and brother to join her Dad here in Canada after his time setting up household in time for their arrival.

Maybe our great-grandparents, Jim

and Elizabeth, were homesick in the way that many current new arrivals in Canada must be - missing their sky, their shadows, their food and their people, all of the familiar that is left behind for new opportunities. Maybe it is a bit of that that draws me back.

Maybe homesickness lives in our DNA too, threaded through the script of those place names, tiny flags, family crests. Our wee Gran, her teddy bear wrapped in her own Gran's shawl, our Uncle George bouncing his new ball over the railing and into the sea, desperate to have it back, but held back from following after it. On a boat in 1914.

Perhaps it was also that our Gran must have also wrestled with her identity. She wasn't able to finish high school, and helped look after the family home when still a teenager. She converted from Presbyterian to Catholic when she married our Bamps. She was a devoted mother and grandmother with not even a whisper of time between those states. She escaped into Harlequin romances, probably two per day at times - the original speed-reader in the family, preceding her son (our Dad) in that title. She mended, created, and rarely used anything new, look after everything she had so well.

So, who was she? Who was Jean?

She was born in Scotland. That was who she was.

Always, Scotland. Where she was from, where she was born, and in turn where we were from too, in some way, an echo of her stamp blended into our own, the Scottish diaspora, homesick for something we don't fully understand.

She was too young to retain the accent that her older sisters did, cresting on their teens when they arrived, Scotland already dominant in

their mouths, but it wasn't anything that had to be 'said'.

And so, uncertain of how to celebrate this part of our heritage (fairly adept in reflecting our English roots in large part with our humour and the Irish side aglow, alive in the hurly burly and the emotional passionate wildness of our clan), I decided that when Christmas came down, the plaid would go up.

The thistle pottery and cookie presses would come out, and in our house the month of January would be for Scotland herself, culminating on Robbie Burns Day, with a little feast (possibly neeps and tatties), and a little toast, and a little lean of the heartstrings aching for the known unknown.

Sometimes what our grandparents share with us are ghosts, ghosts not just of people, but of entire lands, cities, eras, and though they may fade a little with time, there is something so bold about plaid.

About paisley.

About scotch whiskey, about bagpipes and Rs that roll.

About kilts, pinned in place.

Those are just the staples I can list, the rest doesn't have words to describe it.

One day we'll get there - with no expectations or big dreams of what we think this all represents, just gratitude for the place we're from, that we're in the place that so many of our family members' hearts. I know I will feel something else that I can't explain yet.

Scotland, I hope you know, you crossed the ocean with them, and part of you lives on here, embers and echoes of what was and is.

*Tapadh leibh Alba, tha sinn gad ionndrainn, agus andiugh tha sinn gad chomharrachadh! Slàinte!*

Thank you Scotland, we miss you, and today we celebrate you! Cheers!

HAPPY ROBBIE BURNS DAY!



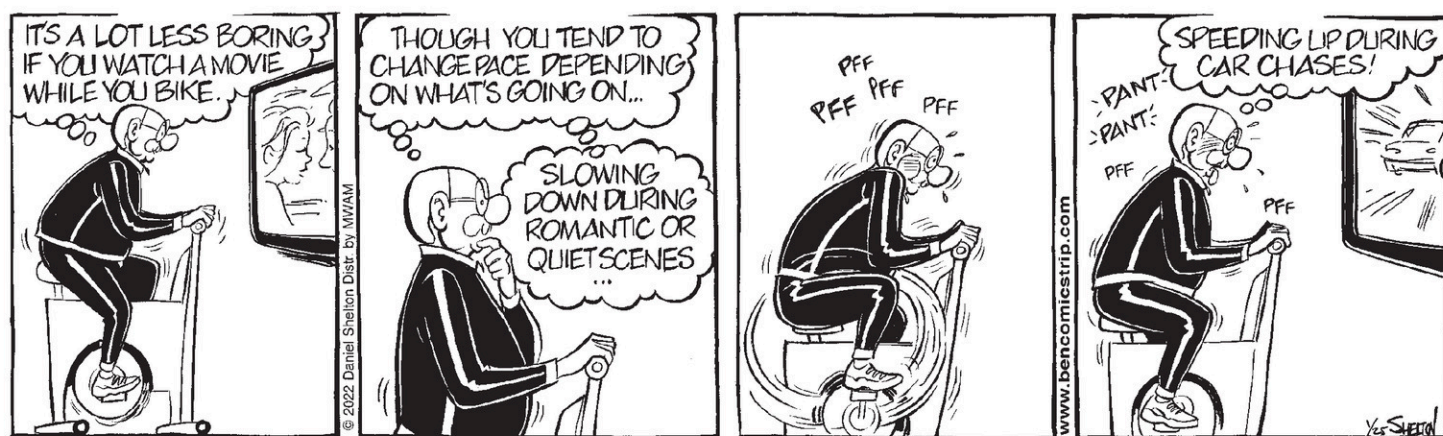
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## Ben by Daniel Shelton



# Local News

Grégoire thinks many truckers see the convoy as a chance to “link arms” with the general public and express the feeling that it is time to soften public health measures and get back to living life...

## Government reminds motorists to stay alert during cold snap

Record Staff

With road conditions worsening in Quebec due to a cold snap taking hold of the province, the government has issued a friendly reminder to motorists to adapt their driving to the freezing weather.

According to a press release issued on Monday by the Transport Ministry, de-icing agents normally used in Quebec will lose their effectiveness

over the coming days. The ministry also noted that during an intense cold period, tire traction is reduced, which means motorists need to take that into account.

The ministry is urging motorists to stay informed of road conditions by visiting the various Quebec 511 platforms, by web, mobile app, or telephone. The province also recommends motorists significantly increase the distance between vehicles to avoid accidents.

Motorists are also encouraged to postpone any non-essential travel. The ministry provided several safety tips for Quebecers to use while driving during a cold snap. Before heading out on the road, a motorist should, first and foremost, be up-to-date with Quebec 511.

The ministry adds that motorists should make sure they are equipped with a first aid kit, remove all snow and ice from their vehicles, including

mirrors, roof, hood, headlights, and license plate. And while driving, the first rule is to adjust their speed according to the weather.

Motorists are also encouraged to ensure their vehicle is visible to equipment operators and other vehicles by using their lighting system, especially in situations with poor visibility. Quebecers have also been asked to be patient with winter maintenance vehicles.

## Truckers

CONT'D FROM PAGE 1

The Canadian Trucking Alliance (CTA), which represents 4,500 carriers, owner-operators, and suppliers, released a statement Saturday questioning the campaign. CTA says the vast majority of Canadian truckers are vaccinated, and able to continue moving cross-border and domestic freight. “CTA does not support and strongly disapproves of any protests on public roadways, highways, and bridges. CTA believes such actions – especially those that interfere with public safety – are not how disagreements with government policies should be expressed.”

“The Government of Canada and the United States have now made being vaccinated a requirement to cross the border. This regulation is not changing so, as an industry, we must adapt and comply with this mandate,” said CTA president Stephen Laskowski. “The only way to cross the border, in a commercial truck or any other vehicle, is to get vaccinated.”

Until recently, CTA interviews were seemingly more focused on pressuring the government. One Reuters report cited CTA worries about red-hot inflation and estimates that 10 to 20 per cent of Canadian truck drivers, or 12,000-22,000, and 40 per cent of U.S. truck drivers, or 16,000 could be sidelined by the new regulations.

On Jan. 14, the day before the Canadian changes came into effect, Tamara Lich of Medicine Hat launched a

GoFundMe campaign denouncing “rules and mandates that are destroying the foundation of our businesses, industries and livelihoods,” and describing Canada as a “peaceful country that has helped protect nations across the globe from tyrannical governments who oppressed their people, and now it seems it is happening here.”

Lich’s campaign aimed raise funds to pay fuel costs truckers joining the protest.

By Friday, Jan. 21, the campaign had passed the \$1 million mark. The American border restrictions came into effect on the Saturday, and the first trucks left British Columbia on Sunday.

As images of trucks covered in protest slogans began to spread in news outlets and on social media, the GoFundMe campaign crossed the \$3 million mark by end of day Sunday. More than 46,000 donations had pushed the total over \$3.5 million mark before 4 p.m. EST Monday, including multiple top donors in the \$10,000 range.

Vancouver Sun reporting quotes GoFundMe saying it requires “fundraisers be transparent about the flow of funds and have a clear plan for how those funds will be spent. In this case, we are in touch with the organizer to verify that information. Funds will be safely held until the organizer is able to provide documentation to our team about how funds will be properly distributed.”

Lich’s description added that

“GoFundMe will be sending donations directly to our bulk fuel supplier ... Any leftover donations will be donated to a credible Veterans organization which will be chosen by the donors.”

Jonathan Grégoire, a co-owner at Transport Grayson in Danville, QC, feels privileged that some 90 per cent of his 100 cross-border truckers are vaccinated, which he thinks is probably higher than in some other provinces.

Grégoire’s drivers are permitted to join the convoys if they chose, but some have yet to decide whether to participate until they have a better idea what is expected. “So far, the count is not clear, but it’s sure that there will be a few. The guys don’t all want to go without knowing when they’ll be coming back. Some are planning to go in their cars, but at least 3-4 are going to go in their trucks,” Grégoire estimates.

Grégoire thinks many truckers see the convoy as a chance to “link arms” with the general public and express the feeling that it is time to soften public health measures and get back to living life, listing examples like Ireland or the United Kingdom.

Grégoire says he does not feel particularly targeted by the border restrictions, and notes that truckers contact very few people on the job, especially since Covid restrictions have

come into effect. “Sometimes, they contact maybe zero people, because shipping and receiving is often in special cages built just for the truckers now. Either there are new procedures, or sometimes they don’t even go in the building because there are no more signatures on bills. It’s all done electronically now... It’s not like a salesperson on the road who visits 25 companies a day, then see people at the hotel. It’s not comparable.”

Isaac Andrews, 22, of Compton, QC, has been driving flatbeds for six months. He is vaccinated, and was in Washington state when the new border restrictions took effect. Since then, he has only crossed the border once.

Andrews says that on a two-week run, he typically leaves Quebec on Monday morning, drives four to five days to the Pacific coast, does a drop off, and spends his 36-hour “reset” at a truck stop before turning around to do the return run, drop off, then go to headquarters to park the vehicle.

Andrews only needs to fill his gas tank once every two days, and might only see one person on a drop off. “Whenever I’m doing my delivery, whenever I get fuel, when I get food... I made one delivery yesterday. That’s about it,” Andrews says while stopped in Pennsylvania. “We don’t talk to many people.”

## Covid

CONT'D FROM PAGE 1

across all regions of Quebec. The province reported 3,299 hospitalizations on Monday, an increase of 16 compared to Sunday’s report. The number of people in intensive care, however, decreased by ten to 263.

There were also another 52 new deaths linked to Covid recorded, bringing the total since the start of the pandemic to 12,851.

In the Eastern Townships there were 145 people in hospital with

COVID-19, 22 of whom were in intensive care. The region also reported another three deaths for a total of 474.

Third-dose vaccination coverage across the townships increased to 44 per cent over the weekend, four per cent higher than the provincial rate. First-dose rates for those 5-11 in the region remained largely unchanged, at 57.4 per cent (compared to 61 per cent across Quebec), but second doses in among young townshippers increased to 10.6 per cent (compared to 9 per cent provincewide).



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# What Would We Do Without Them?



DIAN COHEN

Can you think of a segment of society in which every single person working in it – without exception – is there because they love the work and want to show up?

We spend a lot of time thinking about the health of the manufacturing sector, or the services sector, about the state of working conditions and whether wages are equitable or even sufficient. Statistics Canada monitors all these, and politicians at every level have an opinion. The singular area that is neglected is the voluntary sector – the latest stats from StatsCanada are from 2013 and the latest analysis from the Conference Board of Canada is from 2018.

The fact is that at least 15 million Canadians volunteer an average of

156 hours a year. The Conference Board estimates that volunteers added over two billion hours to Canada's work effort in 2017. This massive effort, providing services that are equivalent to more than a million fulltime jobs would add an estimated \$56 billion to economic activity. If they were measured. Which they are not. And this does not include the activities of the not-for-profit sector, which operates mainly on charitable donations. Including this sector adds another estimated \$30 billion.

So why would anyone think volunteering and the not-for-profit sector is bad for the economy? For starters, the Canada Revenue Agency lists 86,000 registered charities. Who knows how many more charities are not registered? Critics worry that they are not being monitored well. And with so many charities dealing with the same issue (for example, there are 4,432 charities with "Catholic" in their name), critics are concerned that competition for donations causes more funds to be spent on the fundraising component and more effort spent justifying that you are doing a fantastic job rather than actually doing a fantastic job.

Is it necessary to have 400 cancer charities? Perhaps not. But having

just one could easily result in an unhealthy concentration of power and in less transparency about operations. When every charity that is separately registered files its T3010 then you get to see what it spent, how much it took in etc.

Also Canada is a big country geographically. The cost of running one large national organization may be greater and that one organization may achieve far less, than ten regional organizations. If you care about animals the 687 charities dealing with "Protection of Animals" may not be enough. And you may only notice the inadequacy of what established charities provide when you, a friend, or loved one, actually needs help.

Does anyone ever ask the question "do we have too many businesses?" There have always been protests calling for some business to lose their charters like tobacco, but it almost never happens unless a business stops filing its tax returns. Charities, at least in theory, provide public goods and benefits. Most people would say more business is good for our society, creates job and wealth. Why not the same standard for the not-for-profit sector?

There are benefits beyond the value of donations and volunteering. They

provide concrete social and economic benefits by funding research and contributing to the educational, health, and labour market outcomes of the recipients. They provide essential programs and services and can help improve local communities. Volunteers gain skills and acquire knowledge that can improve their well-being and ability to perform their own jobs. And after helping others, volunteers often feel better about themselves, which can improve their own life satisfaction and possibly their health.

For the critics that charge that charities are doing the work we pay the governments for, perhaps they might ponder the average Canadian family's total tax burden today – income and payroll deductions, property taxes, sales taxes, alcohol taxes, import taxes and many more. As noted in a new Fraser Institute study, last year the average Canadian family (including single Canadians) earned \$91,535 and paid \$38,963 in total taxes—that's 42.6 per cent of income going to one tax or another.

Long live our volunteers and the not-for-profit sector. What would we do without them?

Dian Cohen, C.M., O.M., economist  
cohendian560@gmail.com

## #NewsMatters: The National Assembly Report

### Premier calls for patience as pressure grows to reopen economy

By Raquel Fletcher

The journalist was skillful to disguise any hint of desperation in her voice, but the question spoke for itself. "If we did everything right, why are we still in this so deeply?" she asked Premier François Legault at his press conference last Thursday.

Quebec had just announced that it would not be relaxing current health measures in the immediate future because people are still dying.

"It is my duty is to be responsible, to protect the lives of Quebecers, so let's be careful, let's be patient. Think of the staff in our hospitals. We will eventually get out of this together," Legault said.

#### Why are things so dire?

The premier said he knows how fed-up people are and praised Quebecers for their solidarity. Hence, the burning question: if Quebecers have done everything that has been asked of them over two years of this global health crisis, why then are things still so dire?

The restrictive measures currently in place are imperative to protect

Quebec hospitals from breaking apart at the seams as they continue to be over capacity, especially in ICUs.

"I cannot compare really with what's happening in other provinces and states, but we know that right now the situation (in Quebec) is really tight," the premier said. "We want to be able to continue to treat everybody and not delay important and urgent treatments."

The premier acknowledged, however, the pressure he was under to reopen certain parts of the economy.

#### Opposition cites "devastating impact"

Liberal Leader Dominique Anglade called for the province to allow children and teens to participate in sports again, citing the "devastating impact" the current situation is having on the mental health of young Quebecers. This plea was echoed again Friday by Quebec Solidaire's Gabriel Nadeau-Dubois during a meeting between the premier and some opposition leaders. Anglade opted out of the meeting after declaring earlier in the week that the CAQ government had lost control of the

pandemic.

Quebec is also hearing from bar and restaurant owners who remain closed with no timeline for reopening. To add insult to injury, neighbouring Ontario announced it would allow these establishments to reopen at 50 per cent capacity at the end of the month.

"Please help us!" was how one Montreal bar owner summed up his desperation Friday.

Martin Guimond, the owner of Le Saint-Bock in downtown Montreal said he is only \$25,000 away from bankruptcy and still has rent and municipal taxes to pay.

#### Morale at a low

Quebecers' morale is at a low, but the premier tried to remain optimistic, declaring that Quebec has now reached the peak of the fifth wave in terms of the number of hospitalizations and things should be improving soon. Twelve thousand health care workers are still missing from the system, mostly due to being sick with COVID-19 themselves, but Legault hopes many of them will return to work this week.

"So Plan B to reduce services will

not be necessary," Legault said, referring to a contingency plan made public earlier in the week in the event hospitalizations continued to rise. "It was responsible to have a Plan B, but I want to be very clear, this Plan B has never been applied."

The province also announced a plan to reach out to the 565,000 unvaccinated adults in the province.

Junior health minister Lionel Carmant will be announcing the details this week. The government is particularly concerned about vulnerable populations, including immigrants who do not speak either French or English, who may have fallen through the cracks.

"We are making an extra effort to give the maximum number of chances to those who did not receive the information," said health minister Christian Dubé.

It's also a last effort to give another chance to the health network to handle this latest wave that can only be fought by once again putting the economy on pause.

Raquel Fletcher is QCNA's News Matters columnist on provincial affairs

# Thousands have purchased false vaccine passports

By Geoff Agombar  
Local Journalism Initiative

Last Wednesday, Quebec's anti-corruption squad (UPAC) warned vaccine passport fraudsters investigators are on the case.

UPAC asked the public to report any such cases [www.upac.gouv.qc.ca](http://www.upac.gouv.qc.ca). Anyone producing, trafficking or using fake vaccine passports could be charged with fraud, corruption, the production and use of false documents under the Criminal Code, or criminal charges under the Public Health Act.

Public security minister Geneviève Guilbault confirmed knowledge of at least 150 open cases during a Thursday appearance on Radio-Canada. Guilbault said 30 of those

are UPAC investigations of public employees suspected of corruption or attempted corruption. The remainder involve investigations of the public by Sécurité Québec or other police forces.

Reporting in multiple outlets suggests the security loophole is, unfortunately, human nature. Through word of mouth or social media, clients find an employee with access to the vaccine database who willing to accept payment to enter false data. Anyone with access can easily transform a "legitimate" ClicSanté vaccination booking into a "legitimate" QR code "legitimate" by entering false data. As early as last December, the investigative program Enquête identified an individual engaged in such a scheme.

Ministers and investigators hesitate to put a number on how many false passports are in circulation, but media reports suggest cases where one individual produced 200 false records independently, or small groups collaborating to produce thousands. La Presse interviewed a former employee of the Olympic Stadium site who admitted receiving up to \$60,000 to input false entries.

Guilbault said the government remained "humble" in the face of challenges of implementing the technology, and suggested loopholes are closing and fake records will be identified and deactivated. Comments by Dubé and Guilbault both encouraged users to remain confident legitimate QR codes will remain active even as work continues

to identify and deactivate suspicious entries, such as vaccinations entered during the night, vaccinations entered weeks after the fact, double vaccinations entered on the same date, doses administered by the same person in two locations at the same time, employees who entered too many vaccinations too quickly, or shifts where vials consumed and vaccinations recorded did not match.

Health Minister Christian Dubé encouraged retailers to keep the VaxiCode Verif application updated to flag QR codes for false passports.

Guilbault described fake passports as a "ticking timebomb" which risks criminal charges and a waste of money because they will stop working once identified.

# Adoption centers seeing pandemic pets returned

By Johnathan Houle  
Special to The Record

As people began to work from home in 2020, isolation and a lack of connection affected many in a negative way. To cope with the situation, many sought a companion and as a result, adoption centers, the SPA and animal breeders saw an unprecedented rise in demand for house pets. While the demand caused problems across the market, a current issue has been noticed by adoption centers and the SPA. Close to three years into a booming pet market, an increase in returned animals has begun.

In the first few months of 2021, the Société Protectrice des Animaux noticed that some of their adopted animals were being returned to them. Marie-Pier Quirion, Communications Officer for SPA Estrie, spoke about why these animals were being returned. "When people were working from home, there was always a presence at home, and they weren't socialized because of gathering restrictions." Quirion elaborated further, "Now as restrictions are being lifted and people return to work, the dogs are now left alone at home while some meet new people that they've not grow accustomed to. This causes stress and separation anxiety which can make the dog act out, so people bring the dogs back to the SPA, which is a big problem for us."

The trend of returning adopted animals does not seem to be diminishing either. Linda Peacock, a member of the Frontier Animal Society, spoke briefly on why this pattern is emerging. "When people adopt animals, they don't educate themselves before hand and when problems arise, their level of commitment just isn't there." She continued further with, "Taking on an animal is a huge responsibility and it's a long-term responsibility. It's



THE SOCIÉTÉ PROTECTRICE DES ANIMAUX

An SPA worker holding one of the many returned rabbits

not an object you should be willing to discard, and informing yourself is important."

Both the SPA and the Frontier Animal Society believe that the education component of adoption is often overlooked, yet it is one of the most important components in the process. They urge those looking to adopt to honestly reflect on whether their household can truly care for their pet. Not only in the present, but to also look to the future to ensure that there are no outstanding issues that may cause harm to their pets.

This lack of forethought has caused the return of several animals to the SPA, yet while some dogs and

cats have been returned, most of the returns are from a completely different species. When discussing the number of returned animals, Quirion replied, "Unfortunately we have been seeing more returns of our animals, rabbits being the most returned animals by far." When asked about why it was mostly rabbits, she elaborated, "Dogs and cats were the most sought-after pets in 2020-2021 and when there were no longer any for adoption, people chose to adopt rabbits."

Quirion found that while rabbits are often thought of as simple and adorable pets, there is a large misconception about the necessary

time and care it takes to ensure their well being. "People often turned to rabbits thinking that they are independent, but they take a lot of time and care that people no longer have and unfortunately some of these rabbits are now back in the shelter."

With the demand slowly returning to pre-pandemic levels, the SPA has been struggling to find new homes for these returned animals, especially the numerous rabbits that they must now struggle to take care of. The SPA plans on doing everything in its power to find the appropriate home for these orphaned rabbits, one where they can hope to spend the rest of their lives comfortably and safely.

# EDITORIAL

*If governments and media truly wanted to stand up for oil, gas and coal workers, they'd create and promote opportunities and help them transition to new employment.*

## Is there a rational argument against climate action?

By David Suzuki

When politicians and fossil-fuelled media seize on a few ill-chosen words I or other environmental advocates blurt out, while ignoring our overall messages, it's usually because they have no real counter-arguments.

I'm just a messenger, presenting science and solutions in accessible ways. And, like anyone who has worked on climate issues for any length of time, I get frustrated at the lethal lack of political and societal action.

But it's rare to see these politicians, media and businesspeople present a rational argument as to why we shouldn't be doing everything we can to forestall the climate catastrophe scientists worldwide are warning will be our future if we don't act now.

Instead, they ignore the science, or pay lip service to it, while trying to demonize people who devote their lives to ensuring humanity has a healthy future. They take quotes out of context to rile others who fear change and refuse to accept we're in a crisis. They ignore the heat domes, droughts and floods, or act as if those have nothing to do with rampant, wasteful fossil fuel exploitation.

If governments and media truly wanted to stand up for oil, gas and coal workers, they'd create and promote opportunities and help them transition to new employment. Instead, they blame environmentalists for job losses even as corporate bosses talk about continued – and eventually full – automation of their industry and while the world turns to cleaner energy.

They care as little for the workers as those who rake in massive profits while pushing employees out through automation and in response to market forces. Meanwhile, environmental organizations worldwide are calling for

a “just transition” to ensure affected people and their families don't get left behind in the necessary shift to cleaner energy and less waste.

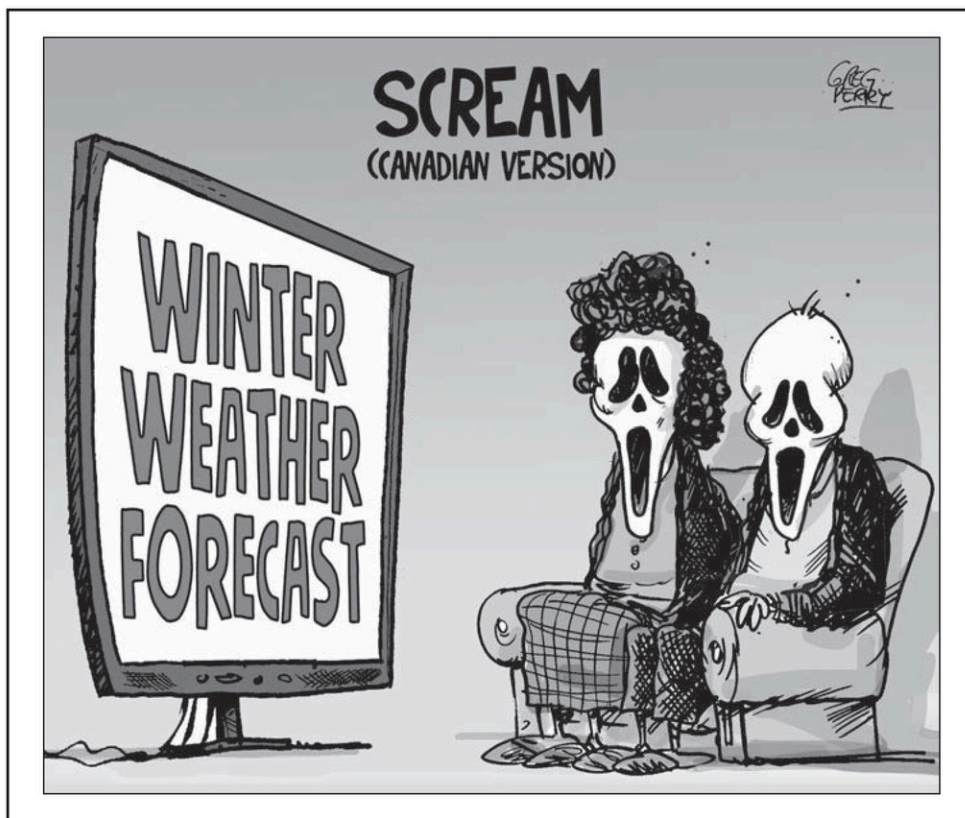
Why can't they come up with honest arguments? If they believe climate disruption is not upon us and not serious enough to compel us to change our ways, that we can continue to exploit and burn fossil fuels until they're gone, then it's up to them to present their rationale. If they disagree with our communications about climate and other environmental subjects, they should respond with logical arguments.

The Alberta government's recent response doesn't meet that bar. It spent \$3.5 million (along with a \$30-million/year “war room”) on a “public inquiry into anti-Alberta energy campaigns” to defend the most profitable industry in history from plucky environmental groups. It was beset with delays, cost increases and embarrassments before concluding there was no “wrongdoing on the part of any individual or organization” and that campaigns have not spread misinformation.

Instead of accepting this and moving on, the government and some media spun it to imply it concluded the opposite. We in the environmental movement remain transparent about our communications, funding and aims, and if we make mistakes, we correct them. After all, our goal is a healthier planet for all.

Those who worship money and power will happily manipulate and dupe others to obtain and maintain it. Look at the spew of constant misinformation from U.S. media outlets like Fox, or the ongoing climate science rejection by opinion writers for Canada's PostMedia chain – in service of the fossil fuel industry's continued environmental devastation.

They're holding us back. We've known about the greenhouse effect



for almost 200 years and been certain about human climate impacts for more than 30, but the fossil fuel industry and its captured politicians, lobbyists, front groups and media have convinced many to continue on as if everything is fine.

We've wasted the past 30 years and we're seeing the consequences. All I and others have been conveying for decades is coming to pass. Just ask the people of Abbotsford or Lytton. Look at the billions of intertidal plants and

animals wiped out in the summer heat dome. Canadian canola and wheat production are down more than 35 per cent this year because of drought, yet I still hear the anti-environmentalists arguing that more CO2 is good for plant growth, or that warmer temperatures will be good for Canada.

I'd love to be proven wrong, as would, I suspect, every climate scientist and activist in the world. But there's no denying our predicament, so let's work together to resolve it.

## Letters

DEAR EDITOR

Could the spread of Covid be reduced in Canada if the Prime Minister had summoned all the premiers of the provinces and territories for a meeting and taken a vote to close all the borders, airports and interprovincial travel just as Prime Minister Lyon Mackenzie King said that all of Canada would be joining the War effort during WW2 to fight for the freedom we enjoy today?

Everyone tells me that would never happen as the provinces have jurisdiction over health and not the Federal government, but with this world pandemic all of Canada needed to come together to help reduce the spread of Covid.

I sometimes question politics.

DON MARTIN  
MELBOURNE, ONTARIO

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

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# Local Sports

The intrusions of technology in fishing are never more apparent to me than when I go ice fishing.

## High-tech, low-tech (1/2)



### ON THE HOOK

ANDREW HOWARTH

Like many of us, the people who dedicate their lives to researching and managing our fish and wildlife know that technological advances never cease. Historically—and to a lesser extent, today—natural resource exploitation was one of the main drivers of technological innovation. The march toward full artificiality and automation shows no sign of stopping, but it is not the linear progression that many of us believe it to be.

The intrusions of technology in fishing are never more apparent to me than when I go ice fishing. Ice fishing requires a set of tools and skills that are virtually alien to a strict 'open water' angler: gas-powered augers, insulated pop-up huts, and propane heaters see little to no use outside of the coldest winter months—also known as 'hard water' season. And yet, this equipment

is considered essential by innumerable hard water anglers who await 'first ice' like a hunter yearns for the opening day of deer season. I'm amazed by the technical savvy of these anglers, whose tools can so easily overcome the barrier that is a frozen-solid lake.

For nearly a month now, I've spent most of my leisure time pursuing an unfamiliar fish species, walleye, with similarly unfamiliar ice fishing techniques. Walleye are a notoriously tasty fish, and the unofficial holders of the unofficial title 'tastiest freshwater fish.' Indeed, walleye are a revered species, but not in the same way that other species like muskellunge and largemouth bass are revered. Walleye aren't remarkably vicious, or overly large. If I needed to describe walleye in one or two words, 'fickle' and 'idiosyncratic' might come quickly to mind. And yet, after less than a month of targeting walleye, my appreciation for the species has grown immeasurably. As predators go, walleye have exceptionally discerning tastes, opting to feed less frequently and more discriminately than, for example, northern pike. Perhaps, the secret to the walleye's own tastiness is its scruple.

Earlier this month, on an unseasonably mild January day, I landed my largest walleye ever. The fish measured 27.5 inches, but it remained my 'personal best' walleye for barely more than an hour. The fish was quickly overshadowed by a second walleye measuring 29 inches, which burst suddenly onto the scene soon



ANDREW HOWARTH

Surprisingly, ice fishing has retained much of its original simplicity. Devices called 'tip-ups' (bottom right) are technologically simple, and make no use of simple technologies like rod and reel. They work best with live bait, and require no purchase of fancy lures.

after. Lightning does, I suppose, have a tendency to strike twice in one spot. Incidentally, these two fish tell a story of technology in fishing, and the reliability of both modern, and comparatively ancient techniques.

At a glance, modern ice fishing is remarkably 'high-tech,' and no tool of the modern angler is more advanced in this way than the 'fish finder.' Improvements in sonar technology and affordability have made possessing these tools normal among ice fishers, who can watch fish gravitate to their lures in

real time while enjoying the comforts of a heated shelter. These amenities make it possible to fish with such sophisticated angling instruments as rods and reels when chilling temperatures would otherwise cause them to malfunction. I don't have the budget for all of ice fishing's bells and whistles—not yet, anyway—and therefore only enjoy such comforts when fishing in the company of my better-equipped friends.

To be continued...

## Seven athletes supported by Excellence Sportive Sherbrooke at the Beijing Olympic Games

Record Staff

Excellence Sportive Sherbrooke (ESS) the Sherbrooke 2013 Canda Summer Games Legacy fund, Desjardins and the boutique Le Coureur are proud to highlight the participation of seven local athletes in the Beijing 2022 Olympic Games, which will begin on Feb. 5. These athletes, members of the Sherbrooke International program, are: Sébastien Beaulieu for alpine snowboarding, Kim Boutin for short track speed skating, Jules Burnotte for biathlon, Samuel Giguère for bobsleigh, Olivier Léveillé for cross-country skiing, Jordan Pierre-Gilles for short track speed skating, and Marion Thénault for freestyle skiing.

"The majority of these athletes have been supported by Excellence Sportive Sherbrooke since their very beginnings," said Rémy Fontaine, General Manager of Excellence Sportive Sherbrooke. "The Sherbrooke International program allows us to complement the support they receive from other programs, from their federation, their club, or other organizations. We can support them

for their training camps, competitions, equipment or peripheral services. In this difficult time, they are role models of determination and perseverance for all of us. We can't wait to see them in action!"

The organization also made special mention of Serge Dugas, from Magog, an alpine ski coach, named to the Canadian team.

### Events and goals per athlete:

**Sébastien Beaulieu:** snowboard – alpine – parallel giant slalom

"My goal is to make the finals, so to make a top 16."

Official ESS partners: Maxime Nault, Kinatex Horizon Performance physiotherapist, Sherbrooke International program

**Kim Boutin:** short track speed skating - 500m, 1,000m, 1,500m, women's relay, mixed relay

"I would say mission accomplished. It is already time to reconnect with the Olympic rings," said the 500m world record holder, who took a step back during the pandemic to focus on her

mental health.

"I'm going back, but this time with wide open eyes and a bigger heart.

Official ESS partner: Sherbrooke International program

**Jules Burnotte:** biathlon

"I want to reach the top 40 and qualify for the pursuit (top 60 in the sprint). To do this, I will have to shoot 85-90 per cent! I obviously want to enjoy this event, it is a great sporting celebration!"

Official ESS partners: Maxime Nault, Kinatex Horizon Performance physiotherapist, Sherbrooke International program

**Samuel Giguère:** Four-man bobsleigh

"We would be really happy to make the top 6!"

Official ESS partner: Sherbrooke International program

**Olivier Léveillé:** cross-country skiing - 30km skiathlon, 15km classic, sprint skate, 50km skate and team events to be confirmed during the Games

"It is a golden opportunity to participate in the Olympic Games at 20

in cross-country skiing. So I want to gain as much experience as possible.

I would also like to reproduce or even improve the physical and mental feelings that I had at the start of the World Cups, in order to crack the top 30 once again.

Official ESS partners: Clinique Action Sport Physio Sherbrooke, Sherbrooke International program

**Jordan Pierre-Gilles:** short track speed skating - 500m, men's relay and to be confirmed for the 1,000m and the mixed relay

"I'm making a dream come true by going there and whatever the outcome I want to be proud of myself at the end and knowing that I enjoyed it to the fullest."

Official ESS partners: Michel Gobeil, chiropractor with Ré.flex Centre chiropratique, Sherbrooke International program

**Marion Thénault:** freestyle skiing

"My goal is to make the super final (top 6)."

Official ESS partner: Sherbrooke International program

**Death**

**Shirley  
(Stronach)  
SAYERS**



Shirley passed away peacefully at the Wales Home after a lengthy illness on January 17, 2022, in her 88th year. She was predeceased by her husband Charlie (August 23, 1982).

She will be lovingly missed by her son Rockland (Joyce), daughter Dayna, and grandchildren Skylar and Samantha. Shirley will also be greatly missed by her friend and companion of the heart Lionel Statton with whom she spent many happy years.

She leaves behind her brothers Graydon (Simone), Chester (Gloria), and sister Lois (Carroll). Predeceased by her loving older sister Glenna (Carl Speck).

In honouring Shirley's wishes, cremation has taken place and a celebration of her life will be planned for the spring

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**Death**

**Timothy  
George  
LODGE**

1961 - 2022



It is with shock and great sadness that the family of Timothy George Lodge announce his passing on Thursday, January 20, 2022, in his 60th year.

Predeceased by his parents David Lodge and Beverly Neeley.

He leaves to mourn his brother Robert (Rick) and his sister Donna, his niece Kayla, as well as his aunts and uncles, numerous cousins, friends and his special kitties.

There will be no service and interment will take place at a later date at Owl's Head Cemetery.

In lieu of flowers, the family requests that donations, in his name, be made to the Heart and Stroke Foundation or SPCA of your choice.

<https://www.heartandstroke.ca/>

We invite you to share memories and condolences on our website.

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**MACAULAY, Gordon:** May 19, 1924 - January 25, 2005. In memory of my dear father whom I cherished and miss every day.

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**Do Just One  
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By Danny Seo

Office paper recycling has become more common everywhere, including in residential communities, where large recycling bins are available to collect bags of old paper for recycling. Generally, used paper is recycled by pulping it to create new paper products. One way to help maximize paper recycling is to leave recyclable paper flat. Crumpled paper takes up significant space and can fill a recycling bin too quickly with air, leading to inefficient paper recycling. And avoid shredders if possible; shredding makes the fibers shorter and less strong, which makes it the least desirable recyclable.

**Date Book**

TUESDAY, JANUARY 25, 2022

Today is the 25th day of 2022 and the 36th day of winter.

**TODAY'S HISTORY:** In 1533, King Henry VIII of England secretly married Anne Boleyn.

In 1787, Shays' Rebellion forces failed in an attempt to overtake the U.S. arsenal in Springfield, Massachusetts.

In 1915, Alexander Graham Bell made the first transcontinental telephone call from New York to San Francisco.

In 1961, a few days after his inauguration, President John F. Kennedy held the first televised presidential news conference.

In 2004, NASA's Opportunity rover landed on the surface of Mars.

**TODAY'S BIRTHDAYS:** Robert Burns (1759-1796), poet; W. Somerset Maugham (1874-1965), author/playwright; Virginia Woolf (1882-1941), author/essayist; Etta James (1938-2012), singer-songwriter; Tobe Hooper (1943-2017), filmmaker; Paul Nurse (1949- ), biochemist/ Nobel laureate; Steve Prefontaine

(1951-1975), runner; Jenifer Lewis (1957- ), actress; Geoff Johns (1973- ), screenwriter/producer; Alicia Keys (1981- ), singer-songwriter.

**TODAY'S FACT:** The Mars Opportunity rover continued to make scientific observations and report back to Earth until June 2018, more than 13 years beyond the duration of activity for which it was designed.

**TODAY'S SPORTS:** In 1924, the first Winter Olympic Games began in Chamonix, France.

**TODAY'S QUOTE:** "An aha moment is not a happy ending - it's an open doorway, one you have to choose to walk through." - Alicia Keys, "More Myself"

**TODAY'S NUMBER:** 6 - wives of King Henry VIII. He ordered two, Anne Boleyn and Catherine Howard, executed by beheading.

**TODAY'S MOON:** Last quarter moon (Jan. 25).

**RATES and DEADLINES: ANNOUNCEMENTS & NOTICES**

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# TOWNSHIPS' CRIER

## TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

## ONLINE WORKSHOPS

Mental Health Estrie invites you to attend an upcoming free virtual workshop which is open to all and presented in English. This January's theme of "Skills for Coping with Difficult Emotions" concludes with "Part 2: Thinking Ahead" on Wednesday, January 26th, from 7:00-8:45 p.m. on Zoom. Returning guest speaker Melissa Hindley (M.A., c.o., psychotherapist), will help us learn to identify underlying causes and techniques that provide long term solutions for emotional regulation. It is not necessary to have attended part 1. For more information or to register, please visit mentalhealthestrie.com, our Facebook & Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

TUESDAY, JANUARY 25, 2022

**Dear Annie:** I just wanted to say thank you for keeping an open mind.

I've noticed that, on different occasions, readers sometimes challenge you or want to "add to" some of your answers based on their education or personal experiences.

You are willing to keep an open mind and welcome the input. For that, I say, BRAVO!

Of course, not all of the input is valid, and some is downright silly, but for the most part, it is good advice and, along with your answers, helps me step out of my comfort zone and rethink issues I can apply to my own life.

Great job! Keep up the good work! – Very Impressed in New Mexico

**Dear New Mexico:** Thank you from the bottom of my heart. When anyone, including advice columnists, thinks they have all the answers, run a hundred miles. We are all doing the best we can, but being infallible is neither promised nor expected – nor is it possible.

**Dear Annie:** I read with loving interest the letter from "Grieving Father" on the loss of his son. His suggestions were spot on. I would like to offer him my prayers during this very hard time, as I lost my daughter six years ago.

Family I do not have; they are with our Lord also. My memories are my therapy, and I also get counseling, which helps.

Keep strong in your faith, and remember your son always with a smile on your face. My very best to you and yours. – Very Grieving Mom

**Dear Grieving Mom:** Thank you for addressing the grieving father. There is life as you knew it before you lost a child and life after. The life after is forever altered. It is my hope that, as a community, we continue to help those who are grieving or suffering and show them kindness, empathy and love.

**Dear Annie:** My husband and I have been married for a long time, and he is a great guy. However, when it comes to my 80-year-old mom, it's another story.

Mom has dementia and says many things that are incorrect or confusing. My husband constantly corrects her in a condescending way. I know he does love her, but this makes for very uncomfortable situations.

Please offer some guidance. – Frustrated Peacemaker

## Dear Annie

**Dear Frustrated Peacemaker:** Sometimes people react rudely or impatiently when they are scared. If your husband truly loves your mom, maybe he has a lot of sad and scared feelings about her dementia and does not know how to properly deal with those feelings. Point this out to him, and ask him to be kind to her – right or wrong – when she gets things confused.

If he continues to be short with your mother, well, then maybe he is just a louse and you have to keep him away from your mother until he learns how to treat people kindly. You might want to seek professional counseling or join a support group for those living with people who have dementia.

**Dear Annie:** I just finished reading the letter from "Caged Bird," and my heart broke for her. The reason is because I lived that same life, and her letter could have been my own.

What was done to her by her mother and to me by my mother were not the products of "motherly love" or "misguided motherly concern." These were the actions of a controlling, manipulative, abusive woman. Period. I escaped from her control. – Lived It

**Dear Lived It:** I'm so glad that you escaped from your mother's abuse. Please make sure that you are in therapy and allowing yourself to escape from the pain that she imposed on you. I hope your letter lets "Caged Bird" know that she is not alone and many others have flown out of the cage of control, abuse and manipulation.

Now that you have flown out of your mother's abuse, it is time to grieve the relationship that you never had with her. Every child wants their mother to love and support them. When there is abuse involved, the child will constantly try to please the mom or think that they are somehow to blame – that they did something wrong to have a mother who acted that way. As an adult, you can see that it was not you at all and that, sadly, your mother was not a well person. Give yourself time to grieve that relationship that never existed.

Grief is part of the human experience, and sharing our vulnerability helps us create truly close bonds with others.

**Dear Annie:** I want to point out one possible cause for why "Caged Bird's" mother could be acting so controlling with her daughter, who missed out on life growing up: Her mother did not act

out of love but jealousy.

Her mother played favorites with her sons. Her mother was probably jealous that her daughter would grow up and become better than her. How sad, but now is the time for her to soar and leave her toxic upbringing behind. – One More Possible Reason

**Dear Reason:** Your letter brings up a very good point. The fact that she treated her daughter so much differently than her son could absolutely be a sign of jealousy. Thank you for your insight.

**Dear Annie:** I just read your article about the husband having a relationship with someone in the office. The wife asked why women try to break up marriages like that. I'd like to offer some insight, as I've had experiences on both sides of the issue.

First, in dating a married man, I lost sight of the morals my parents had instilled in me. I was young and naive, and I believed what the man was saying to me about him wanting to leave his supposed loveless marriage. It took me years to figure out I set myself up for failure in coupling with someone who was already coupled. It was a way for me to be safe from true commitment, although I didn't realize I was doing that psychologically.

Years later, when I was married, my husband cheated on me with a bevy of women, some of them knowing he was married. When I heard all those women on the voicemail, my now ex-husband tried to say they were not calls for him. He was a cheater, period. I knew from my own experience that I had to be the No. 1 priority, because I deserved it. And that's what relationships should be. I'm remarried and happy now. My heart goes out to the wife, hoping she can stay strong and make decisions that prioritize her mental health and personal happiness. – Finally Happy the Second Time Around

**Dear Finally Happy:** Thank you for sharing your experiences, and congratulations on finding a partner who brings you peace and happiness.

"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](mailto: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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M T U V M I D M U V . D H K ' U V W R N O T D H A  
Y E V O M Y E Y H I R W X H F V U R A Z R Y ."  
— M T R X R M C V D W

Previous Solution: "I wish there was a way to know you were in the good old days before you actually left them." — Ed Helms

TODAY'S CLUE: M s i e n b e d j

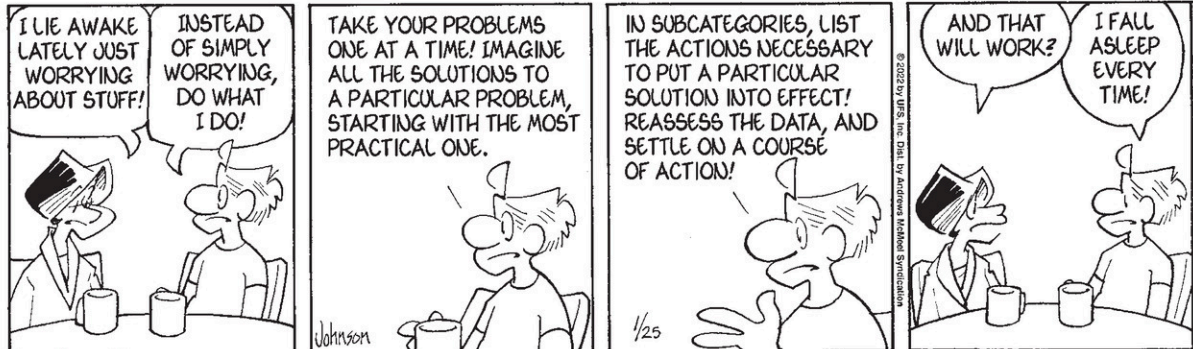
**REALITY CHECK**



**ALLEY OOP**



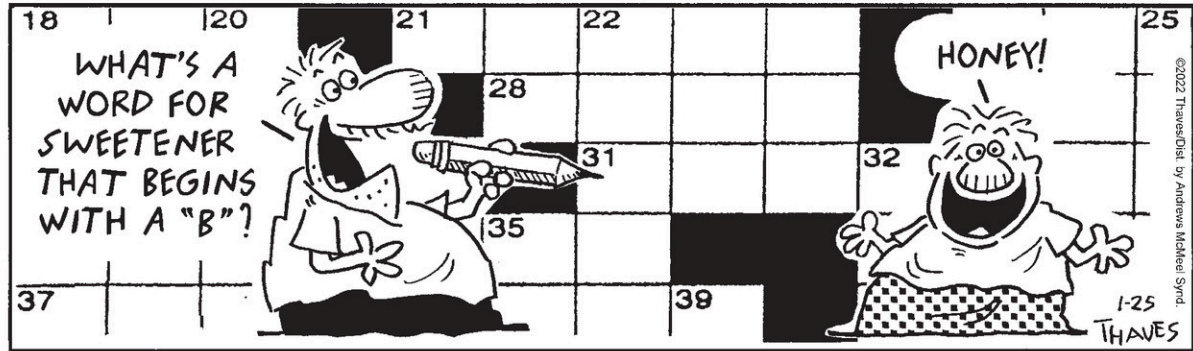
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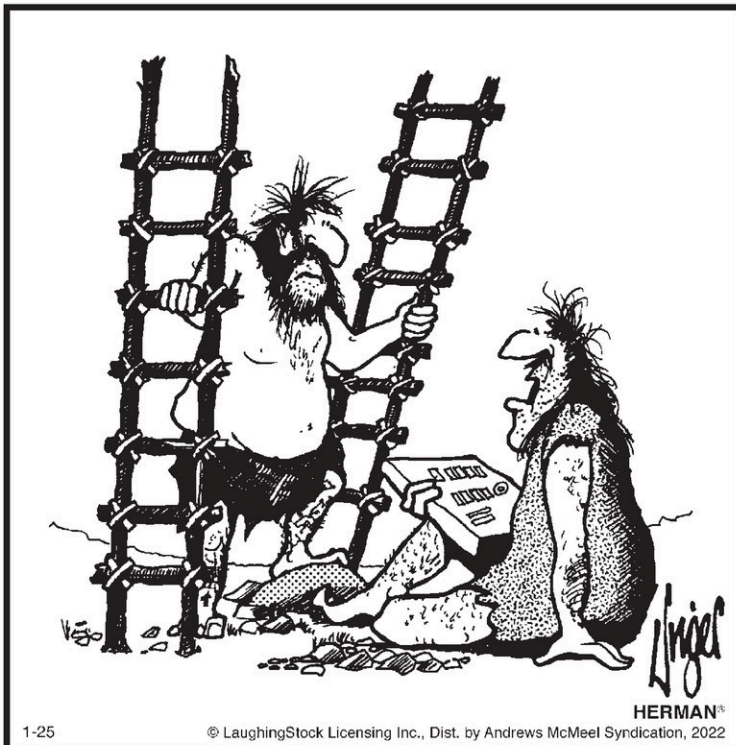
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**FRANK AND ERNEST**



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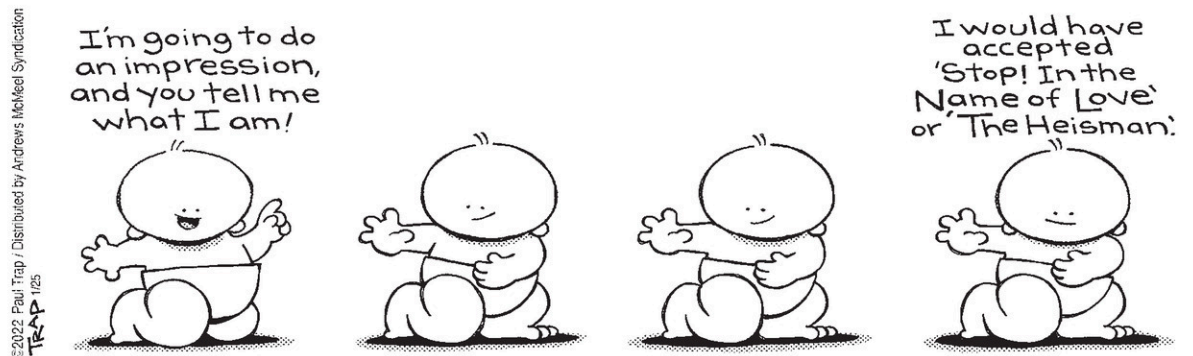


"You'd never get to the moon. You'd need two hundred of those things."

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# Cut down winter costs with these energy-saving tips

(NC) When the winter weather turns frightful, staying warm indoors is delightful. But the arrival of cold temperatures also means taking on the added costs that can come with spending more time at home.

By finding ways to save on energy during these months, you can combat this impact on your wallet and help your home operate more efficiently, which is better for the environment, too. Kickstart your energy savings with these three tips:

### Lock in warmth

The first step toward saving energy in your home is to stop the heat inside from escaping. Check for drafts and extra space around your windows and doors where you can feel cold air and apply weather-stripping or sealant.

Curtains and blinds can also play a leading role. Allow natural heat and sunlight in by opening them in the morning and closing them in the evening to trap warmth.

Your ceiling fan can also help your home feel warmer. Change its rotation to pull cold air upwards and push warm

air near the ceiling down.

### Be water savvy

Saving can be as simple as finding ways to make everyday tasks more energy efficient, such as doing laundry in cold water and only running the dishwasher when it's full.

Being savvy with your water also includes knowing what you are covered for in your home insurance policy — and where you can save. For example, if you have up-to-date mechanical systems that are kept in top operating condition you may be eligible for savings with companies like Belairdirect.

### Remember to unplug

Your electronics and appliances still use energy when plugged in, even if turned off. Try disconnecting electronics when not in use and, for larger appliances, see where you can use a toaster oven, microwave or electric kettle before turning on your stove or oven.

Saving energy can start small to have a big difference. Learn more at [belairdirect.com](http://belairdirect.com).

# SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

1/25

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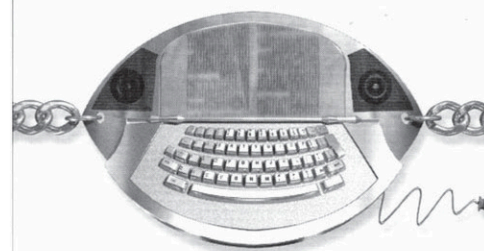
## PREVIOUS SOLUTION

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

**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

TUESDAY, JANUARY 25, 2022

your feelings. It's OK to veer off in a direction that you find more creative and exciting. Reach out to people who share your likes and dislikes, and it will inspire you.

**LEO (July 23-Aug. 22)** – Mixed emotions will surface if you disagree with what others are doing. Be sure to have a workable solution before you begin to dominate conversations. Someone is likely to have a change of heart.

**VIRGO (Aug. 23-Sept. 22)** – Find out where you stand. How you treat others will determine the outcome of a situation you face with someone close to you. Share your feelings with a loved one.

**LIBRA (Sept. 23-Oct. 23)** – Take care of business and live up to your responsibilities. Keep your emotions in check and your work ethic in place. Don't get worked up over something you cannot change.

**SCORPIO (Oct. 24-Nov. 22)** – What you do is what counts. Reach out to people who share your interests and make changes at home conducive to exploring something you want to pursue. A change will be beneficial.

**SAGITTARIUS (Nov. 23-Dec. 21)** – Keep things simple, practical and within your budget. Use your intelligence to evaluate your position. Someone will use emotional manipulation to push you in a questionable direction.

**CAPRICORN (Dec. 22-Jan. 19)** – Show your feelings openly, and you'll bypass all the passing drama. Know what you want and make your position clear. Adjustments at home will encourage you to live life your way.

Gather the facts and be armed with the truth as you travel through unknown territory this year. Knowledge will be the key to your success and your ability to adjust to trends. Think big, but stay within your limits both physically and financially. Know what you are up against and prepare diligently to ensure that you reach your goal.

**AQUARIUS (Jan. 20-Feb. 19)** – You've got the right idea; now speed things up a bit and forge a path forward. How you conduct yourself and what you have to offer will create a buzz. Proceed with confidence.

**PISCES (Feb. 20-March 20)** – Take care of your finances, legal affairs and health. Refuse to let anyone push you in a direction that doesn't appeal to you. Make changes that will benefit you, not someone else.

**ARIES (March 21-April 19)** – Surround yourself with trustworthy people. Be direct, and don't let your emotions interfere with your work or relationships with others. Indecisiveness will make you look incompetent.

**TAURUS (April 20-May 20)** – Make sure you know what you're doing before you begin. If you don't live up to your promises, it will affect your reputation and hurt your chance to advance. Stick to the plan.

**GEMINI (May 21-June 20)** – You'll have trouble with someone you work alongside. Distance yourself to avoid an unnecessary entanglement. Don't get involved in gossip or let anyone meddle in your affairs.

**CANCER (June 21-July 22)** – Express

### Answer to Previous Puzzle

T	A	R		W	E	D		E	D	Y			
U	T	E		C	O	M	E	R		L	E	E	
B	E	D		A	M	U	S	E		A	B	C	
	N	O	O	S	E	S		N	I	N	T	H	
			M	E	N	T	E	D					
A	C	T	E	D		M	A	E	S	T	R	O	
M	I	E	N		S	O	L			R	A	W	
O	A	R			A	U	K		D	I	C	E	
R	O	M	A	I	N	E		R	A	G	E	D	
			A	G	E		M	I	L				
C	A	N	A	L		B	A	N	I	S	H		
R	U	E			O	Z	A	R	K		W	E	S
A	R	I			O	A	S	I	S		A	R	E
W	A	N			P	E	A			M	A	C	

- ACROSS**
- 1 Dit opposite
  - 4 Fades out
  - 8 Beaver project
  - 11 Manipulate
  - 12 District
  - 13 Computer image
  - 15 Nothing
  - 16 Highland youths
  - 17 Reject
  - 18 Frat letter
  - 20 Gave up territory
  - 21 – de Janeiro
  - 23 Ocean fish
  - 24 Famed lioness
  - 27 Tabby's sound
  - 29 Coffee dispenser
  - 32 Stream of light
  - 33 "I" trouble
  - 34 Pool hall item
  - 35 Eggs, in biology
  - 36 Four qts.
  - 37 Lissome
  - 38 Pen point
  - 39 Crafted
  - 40 Prefix for second
- 41 Pit stop need**
- 42 Diamond stat**
- 44 Durable fabric**
- 47 Soap —**
- 51 Medea sailed on her**
- 52 Travel document**
- 55 Edmund Hillary's title**
- 56 Name in fashion**
- 57 Keats' works**
- 58 Frat letter**
- 59 Have a go at**
- 60 Lightbulb measure**
- 61 Senate vote**
- DOWN**
- 1 Douse a donut
  - 2 Where Cambodia is
  - 3 Stick up for
  - 4 Ocean, in Mongolian
  - 5 A Gershwin
  - 6 Glove sz.

- 7 Airline to Stockholm
- 8 Plunged
- 9 Easily passed
- 10 Tiny particle
- 14 Gesture
- 19 Tot's wheels
- 20 Farm animal
- 22 Popular watches
- 23 Cham-pagne bucket
- 24 Poet's black
- 25 Leah's son
- 26 Swedish import
- 28 Mild rejoinder
- 29 ASU rival
- 30 Harm irretrievably
- 31 Verne's captain
- 37 Cut wires
- 39 "Bien" opposite
- 41 Majestic splendor
- 43 Vaunt
- 44 Smidgen
- 45 Court order
- 46 Inventor — Sikorsky
- 48 Spot
- 49 Gentle slope
- 50 Libretto feature
- 52 Promise
- 53 Ms. Lupino
- 54 Place

1	2	3		4	5	6	7		8	9	10	
11				12					13			14
15				16					17			
18				19					20			
			21		22		23					
24	25	26			27	28			29	30	31	
32					33				34			
35					36				37			
38					39				40			
			41				42	43				
44	45	46					47		48	49	50	
51					52	53	54		55			
56					57				58			
	59				60				61			

TUESDAY, JANUARY 25, 2022

## It came again after how many deals?

By Phillip Alder

Yesterday, I gave a deal in which I tabled nine trumps in the dummy. How often should you see a nine-card suit? If my arithmetic is not too far out, it should happen approximately once every 2,800 deals.

This example occurred only one day after yesterday's! It also features another extreme rarity – what?

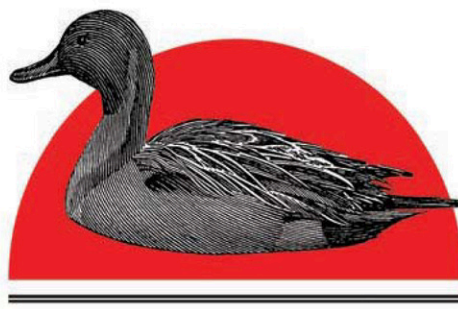
My wife, Kitty, and I play against robots at a casual Bridge Base Online table. (There are no masterpoints or anything on the line.) The robots do some strange things, in particular, leading minor-suit singletons against no-trump contracts! They also assume your bids mean the same as they play. So, when I opened two diamonds, showing a weak major two-suiter, East must have had a short-circuit. It thought that I was making a weak two-bid with a six-card suit. But the robot had nine diamonds! It doubled, feeling fairly confident that it could defeat two diamonds!

My wife understandably jumped to four hearts. We thought little was amiss when four hearts was passed out.

Then the West robot led a diamond, conceding a ruff-and-sluff at trick one!

North		01-25-22	
♠	9 7 6 5 4	♠	A 8 2
♥	K J 8 4 2	♥	10
♦	—	♦	AKQ1098752
♣	10 9 7	♣	—
West		East	
♠	K J 10	♠	A 8 2
♥	Q 3	♥	10
♦	J 6 4 3	♦	AKQ1098752
♣	A 8 4 3	♣	—
South		East	
♠	Q 3	♠	A 8 2
♥	A 9 7 6 5	♥	10
♦	—	♦	AKQ1098752
♣	K Q J 6 5 2	♣	—
Dealer: North			
Vulnerable: Both			
South	West	North	East
		2♦	Dbl.
4♥	Pass	Pass	Pass!!
Opening lead: ♦ 3			

When did you last – if ever – see that? My wife ruffed in the dummy and discarded a spade from her hand. She played a trump to her ace, drew West's remaining trump and claimed an overtrick, losing one trick in each black suit. I was staggered when I saw that East had nine diamonds. Why not bid five diamonds? How bad could that be? As you can see, there are 12 top tricks, but even in a worst-case scenario, East cannot go down more than two.



## “Too much stick, not enough carrot”

### Panelists express concerns about Bill 96

By Ruby Irene Pratkan  
Local Journalism Initiative

The Quebec Community Groups Network (QCGN) explored Bill 96 from all angles at a webinar on the evening of Jan. 20.

The wide-ranging, controversial legislation was first tabled in May 2021. Although it technically died on the order paper when Premier François Legault prorogued the National Assembly in October, the government has asserted its intention to pass it this year.

The law has potentially wide-ranging impacts on several spheres of Quebec society, including education (capping the percentage of CEGEP students that attend English-language schools and subjecting anglophone students to the same French exit exam as francophones), business (extending Bill 101 provisions to businesses of 25-49 employees and Crown corporations), immigration (expanding access to francization courses and communicating in French only with immigrants who have been in the province longer than six months) and justice (granting wider search powers to inspectors from the Office québécoise de la langue française). It also makes use of the notwithstanding clause of the Charter of Rights and Freedoms.

The QCGN has repeatedly spoken out against the bill, asserting that its use of the notwithstanding clause creates a “rights-free zone” in the province.

At the Jan. 20 panel, Senator Joan Fraser, former senator and La Presse editorialist André Pratte and left-wing independent journalist Christopher Curtis of The Rover, none of whom

CONT'D ON PAGE 5

## Ben in Focus



BEN MCAULEY

*I'm licking winter*

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# Brome County Community Bulletin Board

## CHURCH BULLETINS

### ALL SAINTS ANGLICAN CHURCH – DUNHAM

All Saints Church in Dunham has ceased holding church services due to the COVID regulations.

### ANGLICAN PARISH OF BROME

Sunday services cancelled until further notice. See the announcement for Grace Anglican Church to join the online meeting on Sunday mornings. Information: Rev. Tim Smart 450-538-8108.

### BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

Sunday worship service via Zoom available in partnership with Emmanuel, Cowansville. Sundays at 11:00 a.m. (For details, see Emmanuel United Church). Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca

### CREEK/WATERLOO PASTORAL CHARGE

Effective immediately, Creek Waterloo has returned to worship services only on Facebook Live (Dave Lambie). 450-539-2129 for information. This situation exists for the foreseeable future.

### EMMANUEL UNITED CHURCH

Join us for a Zoom real-time worship experience as a resilient community of faith, Sunday 11:00 a.m. with lay worship leader Norman Haslam. The Zoom link is in our weekly Friday newsletter, contact the church office to sign up. Church office: 450-263-0204; email: capcchurchoffice@bellnet.ca

### ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

"In order to comply with the most recent directives issued by the Service de la Santé du Québec, all masses

are cancelled until further notice. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>

### GRACE ANGLICAN CHURCH

Grace Church, Sutton, Sunday Services at 10:30 a.m. are currently on the Zoom platform. Please visit the website to get the link. All are welcome! <https://gracechurchsutton.org>

### KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

There will be no Sunday Worship at Knowlton United Church for January and February of 2022. For further information please contact Rev. Steve Lawson at 450-242-1993.

### ST. PAUL'S ANGLICAN CHURCH

Due to COVID regulations we are back

to online services only. We continue to livestream our Sunday morning worship at 8 and 10 a.m. at St. Paul's Knowlton on Facebook. All services are also available for replay. At 24 St. Paul's Road in Knowlton, St. Paul's is a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow in members and spiritual maturity so that we can reach as many people as possible with the love of Jesus. Everyone welcome! Telephone: 450-242-2885, email: [stpaulsknowlton@gmail.com](mailto:stpaulsknowlton@gmail.com)

### TRINITY ANGLICAN CHURCH

We welcome you to join us for our 10:30 a.m. Sunday morning church services in the church. We adhere to the protocols established by the Quebec Public Health Department and the Anglican Diocese of Montreal. To leave a message, please contact the church office 450-955-3303.

## Back to Heroes' Memorial after the extended break



PHOTO BY LOUISE SMITH

Liane Flynn, the interim principal at Heroes' Memorial, was pleased with the return to in person learning after the extended break.

By Louise Smith

Liane Flynn, the interim principal at Heroes' Memorial, has been filling in since Anne Stairs took her retirement in December. Liane is the Staff Assistant. A new principal will be named at the Council of Commissioners on Tuesday, Jan. 25. Liane Flynn was able to reflect on the return to school after the extended break which was added onto the Christmas holidays.

Premier Legault wanted schools to open on Jan. 17, but Mother Nature had other ideas. After the snow day on Monday, students piled into the building on Tuesday.

Ms. Flynn spoke about children having had online classes after the Christmas break. Those students who did have computer devices could pick one up at the school. The attendance

online was pretty good, even in the younger grades, but in person is always better. Children are in need of socializing and seeing people face to face, or more accurately, mask to mask!

The second package of at home COVID testing kits was distributed this past Wednesday. No one was sent home this past week with COVID symptoms or a positive test reading. Students who have COVID have not yet returned to school and won't return until getting a negative test result.

Everyone hopes that the end of this wave will occur soon and that more measures can be relaxed. As much as possible, the school experience at Heroes' Memorial is "normal". The last of the Christmas decorations, in class and on the bulletin boards, are being taken down, soon to be replaced by Valentine-themed art.

## Brome-Bolton Fish and Game Club to host a blood drive

BCN Staff

The need for blood donations does not decrease in the winter months. The Brome-Bolton Fish and Game Club is sponsoring a blood drive in Knowlton on Friday, Feb. 4. The Blood Drive will be from 1:30 p.m. to 7 p.m. at the Lac Brome Community Centre located at 270 Knowlton Road.

The hope is for 50 volunteers to come in to make a donation. Hema-Quebec, both before and during the COVID crisis, has made sure to make the donation process highly safe.

Appointments are required prior to coming to make a donation. A slot can be reserved by going to the website [jedonne@hema-quebec.qc.ca](mailto:jedonne@hema-quebec.qc.ca) or by calling 1-800-343-7264. Hema Quebec delivers nearly 750,000 biological products to Quebec hospitals every year to meet patient demands in the health sector. The need for blood is a constant one.

The Brome-Bolton Fish and Game Club has taken on promoting and supporting this worthy cause. It should be easy to meet, if not surpass, their goal of 50 donors.

## Beware of false Town of Cowansville "evaluations"

By Louise Smith

On the Town of Cowansville's Facebook page, a warning was posted for citizens on Jan. 13. The town wants to notify people that it has not mandated evaluators to go to residences to make evaluations for the town.

If you receive a phone call for an evaluation of your home "mandated" by the town of Cowansville, you should know that is NOT the case. Do NOT take an appointment with the person who has contacted you.

When in doubt, ask for the name of the company and ask for the name

and phone number and extension of the person to whom you are talking to on the phone. Then you can call town hall before ever letting someone into your home.

The last line of the message warns everyone to be careful.

How sad is it, that in these COVID times, telephone fraud has climbed exponentially and that now there is this scheme of false town evaluators out there. The town advice is to call if not sure of a contact, but it would also be a good idea to contact the police to let them be aware of the number of people being approached by these fraudsters.

# Granby Hospital installs relaxation cabin to encourage rest

By Taylor McClure

The Granby Hospital has received its first Recharjme relaxation cabin to support the well-being of all hospital personnel. The project was financially supported by the hospital's Fondation du Center hospitalier de Granby (CHG) and through a special initiative on part of Amélie Dufour Choquette, a licensed practical nurse at the Granby Hospital. Recharjme is a recent Quebec start-up that aims to improve the well-being and health of workers by encouraging the importance of rest, and when the CHG picked up on its mission, they wanted to do their part in spreading the message by providing a space for hospital staff to recharge.

"We held the official inauguration of the Recharjme cabin last Friday (Jan.14) and there were a lot of emotions," said Suzanne Surette, director of the CHG. "It was a project that was started with a lot of heart and sympathy. It was supported by

donations in memoriam of Doctor Karin Dion, who passed away in 2021, and people donated in her memory."

Choquette also played her part in supporting the project by collaborating with an apparel company that aims to create a serene environment and reduce employee stress, anxiety and burnout. "She collaborated with the company Kool, who made a sweatshirt to remind employees to take time to rest. That was Karine Dion's message; the importance of taking care of yourself and working with a certain balance for mental health."

Surette explained that the Recharjme cabin resembles the concept of a "power nap" and allows employees to unwind on site at their workplace. Recharjme was started by two Montreal entrepreneurs during the pandemic. "They deployed this project during the pandemic when there was a lot of stress and fatigue amongst the working team so we were really happy to get to work with them.

The Recharjme cabin has various options for relaxation. "On the inside, we find a leather chair for zero gravity. It releases tensions on our body and provides a floating feeling. There is also the option to have light therapy. Often during the winter or inside, we don't access enough outside light. This goes against the effects of a lack of light. There is also meditation, there can be relaxing music, and the chair also offers massages. We received a lot of positive comments that it helps with tension."

The process is easy. Employees reserve a time slot that best suits their schedule using a mobile application and they are provided an access code five minutes before the session to unlock the door. "Some people have sessions three times a week, some will do it in the morning, or some will have a nap before they leave to go home."

Sessions last 20 minutes and the infection prevention department of the CIUSSS de l'Estrie - CHUS is

involved in order to ensure that the cabin follows sanitary measures. It has antibacterial walls, ventilation that recycles the air every five minutes and disinfectant wipes that must be used before and after a session.

Surette said that the space has so far made a great difference in the workplace and is aligned with the CHG's mission.

"The employees appreciate it enormously. There have been hundreds of reservations. We find energy and a decrease in stress and anxiety. Our mission is to support the establishment, but it's also to support the human structure."

The CHUS is keeping an eye out on the project in hopes of bringing it to other hospitals in the Estrie. "They will base it on the experience here to bring it elsewhere. At the moment we have received a very positive response. It's a great product and it's simple to deploy."

# Knowlton condominium stakeholders address concerns

By Michael Boriero  
Local Journalism Initiative

A proposed condominium development project located behind the St. Paul's Church in Knowlton has been scrutinized by an anonymous residential group claiming construction will cause damage to the environment and ruin a piece of historical land.

The group, known as the Knowlton Concerned Citizens, have been plastering flyers around town with bullet points also discussing precedent, aesthetic, urban plan, and church finances. St. Paul's Reverend Tim Wiebe told Brome County News that their claims are unfounded.

"I think our town is also responsible for those kinds of things. Again, I think it's like a magic word. Whenever anyone says 'environment' everybody gets scared and they think the worst, but a responsible builder and town is involved here," said Wiebe.

Brome County News reached out to the group on Friday, however, they didn't reply by press time. According to the reverend, the church has been seeking alternative financing options for many years. Wiebe started looking into selling off land as a solution nearly 10 years ago.

"We have four acres of land that have never been used and are not likely to be used and so we started asking questions about what we could do about that," said Wiebe, adding that the church looked into several options, including low-income housing units.

St. Paul's Church has been struggling to stay afloat, especially during the pandemic. Reed Bousada, a

former Knowlton resident and owner of Bousada Inc, a flooring company, stepped in as a promoter to support the vitality of the town, and the survival of the church.

"The premise behind this was a bit of, you know, saving St. Paul's Church, if you will, because there have been so many churches across Canada closing on the Anglican side, as well as the Catholic side, and they're repositioning all of these churches," said Bousada.

Bousada has already reached a purchase and sale agreement with the church, amounting to \$1 million in total, as well as \$25,000 up front, which Wiebe used to invest in a new audio and visual system in order to livestream services for churchgoers throughout the pandemic.

"We were able to do that and we have well over 1,000 views a week for our Sunday services, and we hope to use that system in the future to encourage local musicians, local artists [...] We have a digital sound system, a digital visual system, so we'll be able to offer that," Wiebe said.

The rest of the sale, however, will only come through if the Town of Brome Lake votes in favour of changing the zoning bylaw to allow the construction of the condominium, which aims to be 12 to 15 units, out of sight from public view, and shorter than St. Paul's Church.

"If it doesn't go ahead, yeah, I guess the sale will be shut down, and that's not a good thing for anyone. If the church goes under, that's not a pretty picture [...] Every church is in jeopardy right now. There are 9,000 churches that are going to close by 2030 in Canada," Wiebe said.



COURTESY

However, Knowlton Concerned Citizens continue to pose problems to Bousada's condo development plan. The promoter is waiting to officially file for a change to the zoning bylaw because he first wants to speak to the group, and explain his side of the project.

"The frustrating part for me is that this group, this unknown group, one person, two people, five people, I have no idea. I've offered them a thousand times to sit down and have a conversation together, let's be neighbourly and talk and figure this out," said Bousada.

Wiebe told Brome County News that Bousada has been trying to speak to the group for over six months. They have created a monster in their minds, he continued, but the reality is the project is nothing compared to what they've been describing to fellow residents.

According to Bousada, he has heard nothing but positive feedback from local merchants and store owners. They believe a condo project will be beneficial to the town, he explained. And most of the people interested in the project are older folks seeking to downsize.

Bousada has no intention of relocating his project, either. He believes this is a good way to help the church and Wiebe. He has also offered to donate two acres of land along the Mill Pond to the Lac Brome Land Foundation to help preserve the environment and the ecosystem.

"It blows my mind because there's no environmental impact [...] we're going to hire somebody, a forestry guy, we're going to limit the amount of trees that we're going to cut, so there's still going to be, again, two acres of land between us and the pond," said Bousada.

## Pet of the Week: Simba

Male, adult, sterilized, dewormed & vaccinated

Simba (#8699) is a magnificent three-year-old male with jet black fur and intense amber eyes. This handsome boy was brought to the shelter as he was being constantly attacked by the former owner's other cat and it was becoming impossible to bear for poor SIMBA. This mini-panther is in good health but must remain a strictly indoor cat as Simba has a minor condition affecting his paw-pads, but it doesn't require any medication or treatment.

Simba is a true gentlemen - sympathetic and good-natured; he is very affectionate and gentle. You can easily pet him, cuddle him and kiss him and he enjoys resting in your arms. This wonderful cat is generally calm, but he does have his moments of zaniness, especially when he plays with his toy mice or balls - it's so very endearing seeing him having so much fun!

Simba loves to take naps in a comfy bed next basking in the sun by the window. He adores when you offer him tasty cat treats and he gets all excited when you give him catnip! Very obedient, he uses his scratching post diligently.

Simba will be happiest in a welcoming and cozy environment with people who have time to interact with him regularly as this feline is very sociable and wants to be around you. Simba can live with children who are



respectful of animals and with another non-dominant cat, but he will be even happier being the only cat in the household...that way, he gets all your attention.

Simba is so extraordinary and deserves a loving family! He hopes to live the rest of his life comfortably snuggled next to you. If you wish to adopt SIMBA, please write to us at: [adoptionspcamonteregie@gmail.com](mailto:adoptionspcamonteregie@gmail.com).

### LETTERS

DEAR EDITOR:

Churches in our region have been closing for years, representing a loss to our communities and our social fabric. However, trying to save a church by "dropping" a 4-story condo complex on a chunk of land that has no independent access, is ecologically sensitive, requires a major zoning change, and is surrounded by single family homes, is not a common-sense solution; to say nothing of stressing the church's neighbours and community. There are other ways to help the church. The sooner that this project is shelved, several of us are prepared to work with church management to find ways of staying sustainable; while also keeping the historic heart of Knowlton intact, for the benefit of present and future generations.

KEN SMARZIK  
BROME LAKE RESIDENT

### Re: St Paul's Knowlton

DEAR EDITOR:

"The only thing worse than being talked about, is not being talked about," said Oscar Wilde (and Monty Python's Flying Circus.) Perhaps the only thing worse than that might be not being talked to and talked for, instead of getting complete information. Mrs. McClure, appropriately a pseudonym, makes several inaccurate statements in her "Right Church... Wrong pew" story when he presumes to speak for St. Paul's Church. St. Paul's is the last remaining full-time Anglican Church in the diocese of Montreal south of the St. Lawrence. Its Board of Management are all residents here, so why Mrs. McClure would not fact-check her story with St. Paul's or Reed Bousada is perhaps a story in itself.

Some Facts from the point of view of St. Paul's, Knowlton:

- News of a possible development was leaked in 2019 and the two closest neighbours were informed by St. Paul's as soon they heard of it. None of this was a surprise to those closest to the church nor to those involved in the life and work of St. Paul's.
- On December 15, 2020, St. Paul's, after several years of consultation with various interested parties, entered into a Purchase and Sale Agreement with Reed Bousada's company. The Bishop of Montreal, Mary Irwin-Gibson, signed the agreement after the Corporation of St. Paul's, which is the local legal entity of the diocese.
- Once St. Paul's signed the Purchase and Sale Agreement, there was no more necessary involvement on St. Paul's part except as a very interested third party. The sale price is to be \$1 million dollars.
- This money could be used for renovations and repairs of the building and the remainder would be placed in the Anglican Bond Fund in St. Paul's name. The guaranteed interest rate is 4%, regardless of the positive or negative value of the investments.
- Mr. Bousada has already paid the initial stage deposit to St. Paul's for the purchase of its livestream A/V system, which we are also planning to offer to local musicians and groups.
- Contrary to rumours being circulated, St. Paul's, although comparatively well-off, is not without financial troubles, especially in this present epidemic. The income generated from the sale is necessary for its on-going sustainability.
- As Mr. Bousada's "26 rue St. Paul" video states, his interest in the condo project has been based in his love for the Knowlton community and specifically his respect for the ministry and mission of St. Paul's. On several occasions, Mr. Bousada has stated that if another party were to offer St. Paul's an equivalent (or greater) amount for the land in question, he would walk away from the project and wish St. Paul's and the buyers well.

In the future, I would hope that Mrs. McClure's special comments would present a more balanced and accurate version of the facts and that the Brome County News editorial staff would be more careful about what they choose to print.

TIM WIEBE

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# Olympic snowboarder sets out for gold while supporting cancer research

Local By Taylor McClure  
Special to Brome County News

**M**axence Parrot, snowboarder from Bromont and Olympic winter games and Winter X Games medalist, is preparing for the Beijing 2022 Olympics all while launching his new documentary “Max – Life as a Gold Medal.” The documentary follows Parrot’s personal journey following his Hodgkin’s lymphoma diagnosis in 2018 with all proceeds going towards of the Leukemia & Lymphoma Society of Canada for research, for which he has served as spokesperson for the past three years. After beating cancer in 2019, Parrot immediately got back to his passion and lived up to his reputation as a top ranking snowboarder.

“It’s not easy to talk about and to put yourself in front of the world in those hard moments, actually the toughest moment of my life, but it’s something I wanted to do mostly for the cause. I

want to help raise funds for cancer research through the documentary and help as many people as possible to keep fighting cancer and any challenges in life,” said Parrot.

He also thought about the other people out there going through a similar experience and to encourage them to never give up on the fight.

“The biggest reason I decided to show it to the world was mostly because when I was diagnosed, I received hundreds of messages from people telling me that they were inspired by my journey. I was posting my daily life on social media and they were inspired and some people told me they had someone they knew that was fighting cancer and that they could relate to me. There were even some people that fought cancer and without my journey they said they don’t know how they would have done it and that touched my heart straight away.”

Parrot had to go through 12 treatments within six months and

despite the challenge, there was no doubt in his mind that he was going back to snowboarding. “Technically, you know, I had these thoughts when I was feeling down, but mostly I never gave cancer a chance. For me, when I had cancer it was okay, I’m going to treatments as best as possible and even if they worked or not in my mind cancer had nothing against me. I had a lot of determination and motivation and I wanted back to my passion as soon as possible; never getting back to it wasn’t an option for me.”

After finding out he was cancer free in 2019, he started training seven days a weeks for the Winter X Games in Norway, where he won a gold medal for Big Air competition. “It was really hard at first and after my treatments I had two months to get back into shape before the X Games. I was working out every day, seven days a week and training like crazy on trampoline, in the gym, on the air bag. I had no days off for a full two months.”

While the event left him tired, he is coming back strong for this year’s winter Olympics in Beijing. “I do my best every year and every year I become better physically and mentally. Especially going through such a big challenge, you get more mentally tough and I am able to transfer that into snowboarding as well. There’s a lot of lessons that I can transfer to snowboarding and I feel in shape and ready. The goal is to go for the gold, but I’ll be happy as well that if I don’t get the gold. I won’t have any regrets because I did everything in my power over the last couple of months.”

To view Parrot’s documentary and support the Leukemia & Lymphoma Society of Canada, visit:

<https://www.maxparrot.com>

“In 1960s, my cancer only had 10% of surviving and today it’s up to 80% and more. That’s all because of donations to cancer research. It proves the difference it makes in treatment and I want to pay it back.”

## Bill 96

CONT'D FROM PAGE 1

are directly affiliated with the QCGN, shared their reflections on the proposed legislation.

Curtis emphasized the necessity of acknowledging that French is the common language of Quebec and that it is in a precarious position in North America. However, he said he didn’t believe the bill could seriously address the vitality of French without infringing on citizens’ rights.

“Like a lot of things that this government does, it strikes me as more political than anything else,” he said. “There’s a lot of stick and not a lot of carrot, whether it’s warrantless searches of people’s workplaces... or whether it’s fines that could put a business out of business.”

“Maybe I’m a dreamer, but I’d like to see something more like a summit on the future of French in Canada...where you would encourage people to live in French rather than introducing punitive

measures,” said Curtis, an anglophone who rose to provincewide prominence with his dispatches from the Parti Québécois campaign bus in 2018. “If we focus on incentivizing rather than punishing, then we’re working toward a solution.” He raised concerns about potential implications of the bill for the health care and justice systems, and its future effect on elderly or vulnerable English speakers.

“This entire conversation is one colonial power speaking to another, and none of it involves protecting Indigenous languages,” Curtis added.

Pratte acknowledged that as a francophone public figure with deep roots in the province who openly opposed Bill 96 and Bill 21, he was in the minority. “The French language does need legislative protection in Quebec... and a few of the measures in Bill 96 could be helpful in that regard,” he said. “What I find the most worrisome is that

it represents the most wide-ranging [use of the] notwithstanding clause in Quebec history.” The clause “ties the court’s hands” in the vast majority of potential court challenges,” he added. Bills 21 and 96 “show the real risks of the notwithstanding clause when the majority of the population of the province is either indifferent to the suppression of minority rights or even worse, in favour of it,” he said. “The door is then open to legal discrimination against minorities.”

He also observes that the bill, which would restrict

access to English-language CEGEPs and discourage English as a hiring requirement, would “lead to fewer Quebecers learning English” and have consequences for Quebec’s place in the global economy.

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# What's behind the creative mind



Celebrating the arts in Brome-Missisquoi

## Meghan Redmile

By Hannah Polinski

Writer Meghan Redmile grew up immersed in the stories of her family's past. As a self-proclaimed history nerd and vintage lover, she poured through their photo albums in awe, amazed at the fashion and music of past generations.

It was only natural that the Cowansville-based author turned to writing historical fiction, blending untold Canadian history from the Great Depression era and WWII with explorations of feminine interiority in her first novel *Hold On*. While classified as fiction, the plot is based on the true story of the disappearance of her great aunt, who was last seen by her then-seven-year-old daughter in 1947.

After coming across a photograph of the missing woman in an old family photo album, Redmile began searching to find out what happened to her relative, leading her down a too-crazy-to-be-true path of familial secrets and historical chains of events spanning across Canada that was eventually turned into a book upon the insistence of a friend.

As a writer, Redmile is focused on honouring feminine narratives that history textbooks often leave out. Often the stories from the Great Depression and WWII centre the experiences of men, erasing the lived experiences of women who were alive during this time or reinforcing their domestic and maternal roles.

"We need strong female leads, not only in life, but in books as well," she says. "So I take great care when creating my characters, knowing as an author and a woman, that I have to provide my readers with them."

Her novel *Hold On* was followed up by a much-anticipated sequel, *Let Go*.



my mom Kate Redmile

PHOTOS COURTESY



As an Anglophone author working in Quebec, Redmile has had challenges finding places to stock her book and hold launch events, but finds herself in a supportive community of local English-language authors around Brome County, particularly at Brome Lake Books, where her books are available.

Both of her Redmile's novels were self-published, as she wanted complete independence over her story and its representation. Understandable so, given that its events were based on factual events that had very real consequences for the women in her family. Some of the people affected by her aunt's disappearance in 1947 are still alive today, so Redmile wanted to honour their stories as soon as possible instead of chancing the long route of traditional publishing, which as an undiscovered writer, could take years before seeing a bookshelf.

"I'm not ashamed to say that I'm self-published," she says. "I know that some people say that you're not an author if you're not traditionally published, but you're an author if you write, even if it's for yourself."

Self-publishing has become somewhat of a radical act for writers, breaking down barriers for minority writers who may be held back due to a number of reasons. Redmile is happy to see publishing open up more to women, and is a strong advocate of

supporting female Canadian authors. As part of the team behind the annual Knowlton Literary Festival, she aims to foster community and create bonds between local writers and readers.

Redmile's latest manuscript sees her shifting gears to take on a male perspective as she takes up the eyes of one of her male characters from her first two novels, set in the same time period. While it was a challenge to write from a different gendered perspective, Redmile rose to the challenge, drawing on her own grandfather's experiences during the war to construct a credible voice.

"I basically took all the best parts of the men in my life and kind of created this great guy, but also pulled things from myself as well that went into him," she explains, speaking to the creation of her male protagonist. "I didn't want this guy that knew it all to join the war. I needed doubt. I needed to show his sensitive side. I didn't want to have a cookie cutter male lead."

A final draft of the novel has been finished, and she is currently in the stages of querying for a literary agent with the hopes of sending it to a traditional publisher.

To find out more about her work, visit <https://www.meghanredmile.com/> or stop in to Brome Lake Books for a physical copy. Her books are also available on Amazon in print or e-book format.

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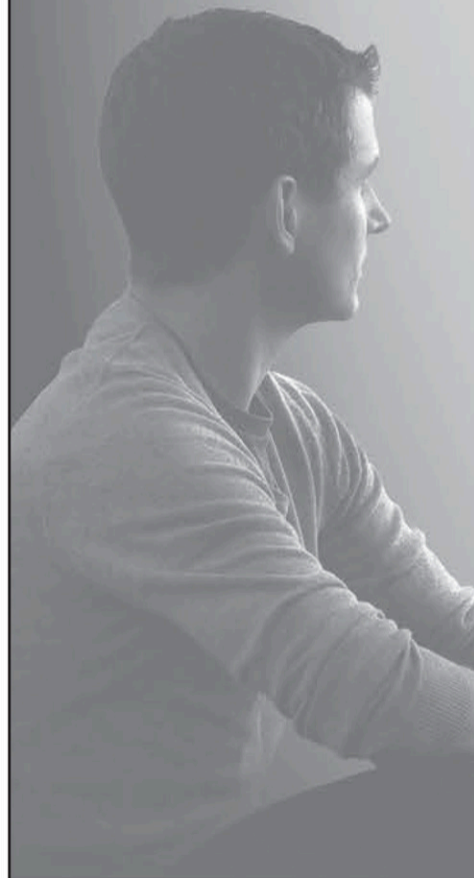
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This project has been made possible by the Community Media Strategic Support Fund offered jointly by the Official Language Minority Community Media Consortium and the Government of Canada.

# ‘Emotionally, kids are sick of the mask’

## Staff shortages put added stress on youth home

By Taylor McClure  
Special to Brome County News

**B**rome-Missisquoi Adolescents and Youth Services (BMAYS), a home built through the Brome-Missisquoi Youth Foundation, and accommodates eight at-risk English-speaking youth in the region, is once again facing Covid measures that are not only affecting staff, but youths who live full time at the home. Add a staffing shortage to an already difficult situation, the home hopes to find new members to join their team to continue to provide quality services that have supported the Anglophone population in Brome-Missisquoi for decades.

“I think both the staff and the kids went through a life change,” said Stephanie Kokitko, clinical director at BMAYS. “We had a concentration of kids in one house that we witnessed being affected by it. We restricted all visitations home with the first lockdown and it was really hard on the kids who go home to see their families on the weekends.”

The group quickly needed to find new ways of communication and opened up more wi-fi access. “We eliminate a lot when kids don’t have access to it, but when online schooling came in, it changed our world because we had to open it up. We also had to offer ways of communicating other than the telephone. Seeing the face of family members is more beneficial than speaking on the phone and we decided at that point, we couldn’t keep that world. With wi-fi, kids can see their families if they really need to, not physically, but a familiar face goes a long way.”

With everything shifting to online, staff faced additional pressures. “We are educator-youth workers, but we work more on a psychological level. We are not teachers, but in the past two years we’ve had to be teachers because of online schooling. We had to discipline them and make sure they were doing what they’re supposed to be doing. It’s been an eye-opening experience for us.”

Currently, youth living at the home

are required to wear a mask at all times except for when they are in their bedrooms, leaving some emotionally drained. “It depends on the individual, but we have certain individuals who are sick of the mask and sit in their room most of the day for much longer than we’d like, but it’s their right; it’s a home.”

Staff are also required to wear masks and they must be vaccinated. This requirement, however, does not apply to the youth. “They are encouraged to be vaccinated, otherwise we can’t include them in activities where you have to have proof of double vax. We don’t pressure them to do it, but because of the experience, they feel pressured to do it. It’s never mandatory, but kids are like I’m missing out so book the appointment. It’s really impacted some of the kids.”

Kokitko said that BMAYS also lost some staff due to the situation. “I’ve had some of my staff, especially overnight staff, leave, because we often have retired people to take that position. Someone who worked with us for 26 years retired and it was due to Covid. Some people are more vulnerable and worried. One employee didn’t come to work a few times because of Covid. Being in such a small space and having very few staff to work with, when someone drops out like that, it has an impact on the whole team. People have been doing more and working shifts that aren’t theirs.”

Despite putting out various calls to the community, it’s been radio silence. “I don’t know if it’s Covid or working with teens, but they seem hesitant. I’m not getting a lot of responses from the public announcements I make to look for staff and recruits. It’s a new experience. We have always had turnovers when it comes to staff, but not like this. I think it’s an anxiety and not being comfortable with the situation.”

For those interested in applying, visit <https://www.facebook.com/groups/303724346730066> and look for a job posting listed under Stephanie Kokitko.

# Town of Waterloo participates in study on sustainable practices

BCN Staff

**T**he Town of Waterloo plans to study the potential for the implementation of the BNQ 21000 standard for cities and municipalities to manage sustainable development. The approach of this standard aims to guide and equip organizations according to the principles of sustainable de-

velopment in all spheres, strategies and management practices.

In 2022, Waterloo will participate in a research project as part of a post-doctoral fellowship at the University of Sherbrooke’s School of Management, in collaboration with two other towns, Contrecoeur and Varennes. The purpose of this study is to examine the use of the BNQ 21000 standard in Quebec

CONT’D ON PAGE 8

*Calling*

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**It’s been a rough year for artists and performers, with public gatherings banned, venues shuttered, craft shows cancelled and theatre performances put on hold.**

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# Linda Shattuck 45 years after buying an old farm

From a dream and no experience to a fulfilling retirement on the farm

Now as Linda and David ease into retirement, their son Patrick has taken over what grew into a 975-acre farm with 40,000 taps and 25 head of Charolais and Simmental cattle.

It was a long, steep road for many of the years. After they bought, David would travel back to Montreal during the weeks to earn an income working carpentry. Linda managed the farm.

A year after buying, they had their first of three children, which meant Linda was also raising young children while handling farm duties—cattle, laying hens and meat birds, vegetable garden, hay, fencing, sugaring season. David also had their only vehicle for his work in Montreal.

“She had no car. She did all the chores. Fencing. Everything,” David said from the far corner of the room as I sat at the kitchen table in their farmhouse interviewing Linda last week.

“I just did it,” Linda said. “But I was so tired all the time.”

Linda remembers one summer having frost in the garden at least once every month—June, July, and August. Another year, the pipes froze in the cattle barn, which meant she hauled water to them all winter.

Why do it?

“That’s all I ever wanted to do, from the time I was little,” she said, even though she had not grown up on a farm or known anything about



SCOTT STEVENSON

“The kids certainly learned to work. They’re superstar workers.”

farming. The original dream included horses, of course, but reality stopped that plan.

“They’re too expensive and too much work. There’s no time when you’ve got little kids.

“But I got cows, and I love cows.” She names their first four for me, and David adds that they increased the herd to 17 their second year with them.

Linda was 29 years old when they bought; David 27. “It was late to be learning,” she said.

In 1985, David started selling sap to a neighbour, earning \$250 for six weeks of work. He would pause his Montreal carpentry as much as possible during the haying and sugaring seasons. In 1986 and ’87, they increased to 6,000 taps on buckets, then dropped down to 4,000 until 1996, followed by a pipeline.

Then the sugar bush next door came up for sale, and neighbour Stuart Dougherty caringly insisted they buy

it from him, even if Linda and David didn’t have the money. They did a business plan, borrowed the money, and started growing the farm further into the success that it’s become today.

“The beginning was very hard,” Linda remembered again.

“Now it’s just gravy,” David piped in, the two of them laughing heartily at the farmers’ inside joke.

And she still has her dreams for the place, while recognizing her own place within it.

“It’s Patrick’s now. I love the cows; I hope he can keep the cows.”

Also, “farmers always want to die on their farm.”

And, “to keep it going; that’s what every farmer wants.”

Scott Stevenson farms and writes at his home in Newport, Quebec. He reports on individual Townships’ farmers biweekly for Brome County News and reviews the farm news biweekly for The Record.



FARM NEWS REVIEW

SCOTT STEVENSON

Local Journalism Initiative

“We’re not poor, we just don’t have any money,” Linda Shattuck would tell her kids growing up on the family’s Bury farm during the early lean years.

In 1974-75, Linda and her partner David Cosman took jobs one winter in northern Manitoba to save money so they could buy a farm. They had met working at Classics bookstore in Montreal.

In 1977, each with \$10,000 available for a deposit, they put \$20,000 down on the purchase of a \$37,000, 150-acre farm on Kirkpatrick Road. The sellers financed them for the \$17,000 balance.



SCOTT STEVENSON

“I love the smells. I love the skies. I love everything about the country.”

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## Town of Waterloo

CONT'D FROM PAGE 7

cities and municipalities.

“The concept of sustainable development has become a pillar when we talk about the future of our municipality. Our participation in this project will allow us to structure and align our vision of territorial, economic, social and cultural development, while considering the environment. We believe that this can be beneficial in ensuring a dynamic, strong, resilient and sustainable living environment,” stated mayor Jean-Marie Lachapelle.

The process will allow the city to define its management framework according to its own priorities, ensuring that they are linked to the various policies and plans, such as the water management plan, the urban plan, the downtown revitalization plan, the cultural policy and the family policy, while aligning them with the UN’s sustainable development goals to facilitate and support a consistent shift towards the future.

# Family Literacy Day takes learning outdoors

By Taylor McClure  
Special to Brome County News

The Yamaska Literacy Council (YLC) is gearing up to for Family Literacy Day on Jan. 27 with a workshop on financial literacy for families and sharing various literacy resources. Family Literacy Day is a national initiative of ABC Life Literacy Canada, a non-profit organization that aims to provide support to organizations that promote adult learning, and encourages engaging in literacy activities as a family. This year's event will be taking place under the theme *Learning in the Great Outdoors* and while the YLC has to go about is activities and services differently, the group is hoping that people will get involved in the event and that those who need help continue to reach out.

"I'm thinking maybe they wanted to get people outside this year and I think with everything going on that they made a wise choice," said Wendy Seys, executive director of the YLC. "People can do an outdoors scavenger hunt, create a nature journal, learn about winter species, do an obstacle course. ABC Literacy has guides you can use."

The YLC is coordinating its own activities to mark the occasion with a workshop on financial literacy. "We did it last year and it was really

popular. We are doing a financial literacy workshop for parents and it incorporates stories about budgeting saving, and discussing financial matters in a language that is accessible for young kids. We have free tools that we will get to people who have registered for the workshop."

The group will also be sharing resources on their social media and website for families and groups that are looking to make literacy a part of their routine.

"Literacy Quebec is hosting a bunch of events. ABC Literacy is actually having a demonstration on how to use clay to make a picture with children's author Barbara Reid., so we will be sharing information on how to do that. If other organizations want to incorporate family literacy into what they already do, like a daycare or community centre, there is a Quebec literacy tool kit that that we are happy to share with people."

Seys mentioned that at a time when everything is online, it's important to make people aware of the activities and tools that exist out there that are off screen. "I think right now people are sort of feeling bogged down with all the online classes and learning feels onerous, but it's important for families to realize there are fun ways to engage in literacy that aren't on the screen. People can get outside and still learn and it helps validate

that families can teach their kids new skills. There are activities out there that everyone can get involved in."

They will also be organizing other family literacy activities throughout the school year in partnership with the Eastern Townships School Board (ETSB), like story time and various family workshops.

The YLC wanted to do in person activities, and they just started to do face-to-face tutoring sessions, before the government initiated new Covid-19 measures. "For our adult learners, one of the reasons that they do find success working with us is because they weren't necessarily able to focus online. They couldn't pay attention, there are a lot of vision issues, a lot of people don't have reliable internet or the skills to use it," explained Seys. "A lot of people are stressed right now and engaging in learning it not at the top of the list; they are in survival mode. There is lot of interruptions to the learning, for kids and for adults, and we will see the impacts."

For now, the group is focusing on getting their services out there the best they possibly can, including its On the Road initiative which supports the transition of adults back into the adult education system. "I need to know how to book my Covid appointment, how to download my passport information, what my benefits are, what do to do if I get sick,



COURTESY

and people need literacy skills to get that information. That's really the focus right now."

To register for the financial literacy workshop: [cindyelston@yamaskaliteracy.ca](mailto:cindyelston@yamaskaliteracy.ca)

For more information about Family Literacy Day and/or to learn about literacy services:

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## Literacy



## Family Literacy Day



Family Literacy Day takes place every January 27<sup>th</sup> to raise awareness about the importance of reading and engaging in other literacy-related activities as a family. Since 1999, thousands of schools, libraries, literacy organizations and other community groups have taken part in the initiative. ABC creates free learning and promotional resources for anyone that wants to get

involved. Taking time every day to read or do a learning activity with children is crucial to a child's development, improving a child's literacy skills dramatically, and can help a parent improve their skills as well.

**Family Literacy Day 2022 Theme: Learning in the Great Outdoors**

Spending time in nature provides many benefits, not just for bodies, but

for minds too. This year, get outside and exercise both your mind and body together as a family. You can make outdoor time fun family learning time all while enjoying the wonders of Canada's Great Outdoors!

abclifliteracy.ca

## How nature impacts cognitive development

It's often said that getting outside for some fresh air can have a great impact on our lives. In fact, research shows that spending time in nature helps us sleep better, reduces our blood pressure, and boosts our immune system. Besides producing physical health benefits, nature helps improve our minds, too.

Let's dig into the relationship between nature and learning to find out more about the impact of nature on cognitive development.

How nature helps us learn better

While nature improves our psychological and physical well-being, it also enhances our learning abilities. Scientists suggest that exposure to nature improves a child's ability to learn and can even improve grades, especially in disadvantaged children. Experiments indicate that teaching in an outside setting using traditional methods improves retention. This retention is effective across a broad student population and can occur in a variety of subject areas, such as biology math.

We don't need to spend a long time in nature to see these benefits, either. For example, having a class outside one day a week can significantly improve the daily cortisol patterns of students, resulting in less stress and better stress management. Relieving stress in students enables them to focus more closely on their work.

Cognitive improvements

Both adults and children can focus better after being in nature. By being physically outside – or even having a view of nature through a window – we're able to take a mental break from electronics and other mentally draining distractions. This can reduce attention-deficit/hyperactivity disorder (ADHD) symptoms and improve concentration and performance on tests. Participating in activities outdoors instead of indoors also helps us develop more self-discipline and impulse control, both of which are tied to academic success.

Nature is well-known for providing an environment for complete physical fitness – and this, in turn, brings improvements to our learning. Cardiorespiratory fitness – such as running, swimming, and cycling – is especially beneficial for supporting efficient cognitive processing. Although more research still needs to be done to explain the relationship, we do know that kids with high fitness levels perform better academically.

When we spend time outside, we're overall happier people. Our moods improve, and we experience less anxiety, depression and anger. Our brain function is also better – we have more mental clarity and creativity.

Cortisol, a hormone that's a marker for stress, lowers when we're outside. Attention Restoration Theory describes

how there may be an evolutionary reason for nature being a comfortable, familiar place. As this article outlines, nature is simpler and less taxing than crowds and noise of city life, making it easier to focus and concentrate.

Stressful periods – such as exam time for students or work deadlines for adults – can be made more manageable by taking a walk outside, even for a brief few moments. Doing so allows us to reset our minds and improve our ability to handle anxiety-filled moments.

The bottom line

Nature and its fresh air, sunshine and

wildlife are well-known for bringing positive effects on our physical well-being, but it's also beneficial for our minds.

This year's Family Literacy Day on January 27 focuses on "Learning in the Great Outdoors." Why not bundle up and take your learning outside for a change? Once you experience nature's many benefits, you'll be eager to make learning outdoors a regular part of your family's routine! Visit FamilyLiteracyDay.ca to access free family learning resources.



# Pettes

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# Literacy



## Libraries and Literacy

What is literacy? At its basic, it is the ability to read, to decode the letters and symbols that are put together to make up words, and then to understand the meaning that is revealed by these words as they are strung together in sentences. One way to work on these skills is to read, and to read often.

It is well known that a child's success as a reader is consistently better when parents read to them in their pre-school and early school years. Access to reading material and seeing their parents be active readers are all

important factors in developing strong readers.

There is no better place to get a hold of things to read than at your library. Libraries are institutions that are devoted to the task of providing free and equitable access to reading and information. The Pettes Memorial Library in the Town of Brome Lake welcomes everyone! Our mission is to make reading materials accessible to everybody. Our library has about 30,000 books. There is something for all ages and interests. In particular, the

Pettes Library has a great collection of kids' books for all levels and in both languages.

In addition to books, library members can also borrow magazines, movies, and hundreds of digital books (eBooks) and audiobooks. All of these are available in English and French. Borrow some books, read with your kids!

The library is open 6 days a week. Come by and sign up for a membership. In an abundance of caution due to Covid safety, there are certain periods where

we only serve customers at the door, but all lending services are available at all times. We can even arrange delivery, thanks to the participation of the Lions Club, for those who can't get to us. Stop by or call us at 450-243-6128 or email at [bpl.pettes@gmail.com](mailto:bpl.pettes@gmail.com). The Pettes Memorial Library is here to help improve your reading skills and open the doors to a myriad of possibilities for the future - yours and that of your children. We're here for you! [www.pettes.ca](http://www.pettes.ca)

## 10 outdoor activities for daily family learning

Family Literacy Day - an annual initiative that aims to raise awareness of the importance of learning together as a family - takes place on January 27, 2022. This year's theme is Learning in the Great Outdoors. Spending time in nature provides many benefits, not just for bodies, but for minds too. This year, get outside and exercise both your mind and body together as a family. Here are 10 outdoor learning activities you can do as a family to celebrate Family Literacy Day and practice learning together year-round.

Outdoor scavenger hunt. Make a list of commonly found outdoor items, then go on a walk together with your list and see if you can find all the items.

Create a nature journal. Using a notebook, draw pictures and write stories about the different outdoor areas you've explored and the trees or animals you've come across.

Learn about winter species. Research

online or at the library about winter birds and other animals in your region. Then, next time you're outside, see if you can find any of the species you've learned about.

Nature hike. Get some fresh air and exercise while practicing your math. Time your hike, work out the distance, and calculate your average speed on your hike.

Make story stones. Find rocks outside and draw a different nature-themed picture on each. Then take turns telling stories using the stones.

Head in the clouds. Look at the different clouds in the sky and see if the shapes of the clouds look like familiar objects, such as animals or people.

Number walk: As you put on your shoes, choose something you want to count during your walk. It could be dogs, trees, stop

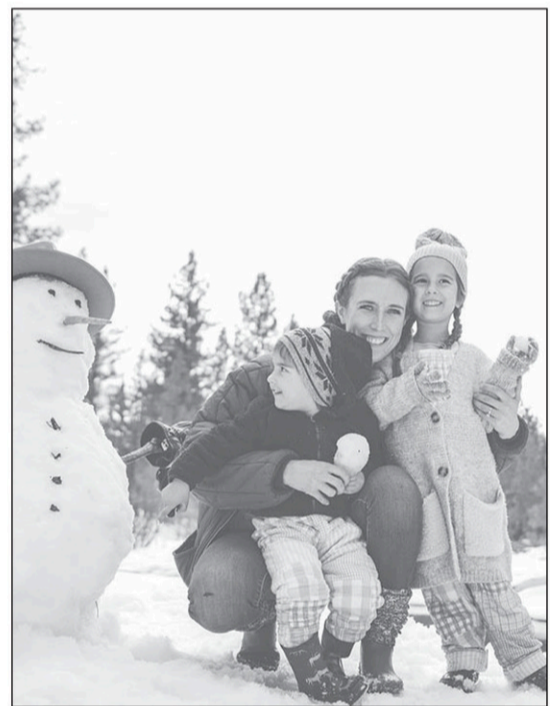

signs, cars—anything you want! On your walk, count how many you can find.

Snow art: Use emptied dish soap bottles filled with water and food colouring to write messages and draw in the snow.

A course of course: Build an obstacle course in your backyard or at a park and draw a map of how to go through it from beginning to end.

Adopt a tree. Pick a nearby tree that is special to you and spend time observing and learning about the tree.

For more family literacy activity ideas and resources, visit [www.FamilyLiteracyDay.ca](http://www.FamilyLiteracyDay.ca).

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### HAPPY FAMILY LITERACY DAY


Family Literacy Activities Coming Soon.....

- Storytime (starting in February)
- Parent Workshops (starting in March)
- Events & Activities for families (spring 2022)

Info: 450-263-7503 or [info@yamaskaliteracy.ca](mailto:info@yamaskaliteracy.ca)



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## Knowlton Literary Association



Celebrate Family Literacy Day and share a book with a friend

## Owl influx



### BEHIND THE LENS

DARREN MURPHY

The end of 2021, and the beginning of 2022 has been absolutely incredible for owl lovers. I expect to see and photograph Snowy owls every winter, however this year fellow photographers have been posting incredible pics of other owl species not easily found. Pics of Short and Long Eared owls, Great Gray, Northern Hawk, Eastern Screech and Saw Whet have been appearing on several birding pages. Of course, these photos are not sharing the locations which is unfortunate, however I was able to connect with one fellow photographer from Montreal who (after many discussions back and forth) divulged a few of the much sought-after locations.

Years ago, both birders and wildlife photographers happily shared information, it was a much better period of time where both groups respected the birds and gave them their space. Times have changed, and now due to a few overzealous picture takers the lines of communication between these groups have come to an abrupt halt. I've personally witnessed these morons going

so far as to bang on trees just to get the sleeping owls to open their eyes. Needless to say, there have been a few face-to-face altercations between the respectful photographers and these moronic weekend warriors. Currently at the golf course in Dorval, there are both Short-Eared and Long-Eared owls being found in the cedars and soaring above the tree line. Be forewarned, this is private property, however, the owners of the property haven't voiced their displeasure of photographers walking their course this winter. That's a plus! Connecting to the course is the Montreal Technoparc. Here there are two nesting Great Horned owls. Many pics have been posted on birding sites of these as well. There are also a few Saw Whet owls in the forests of the parc. Bordering the Technoparc is the Trudeau Airport. Here you can see Snowy owls sitting on the surrounding fences of on top of some of the airport structures. Much like Saint-Hubert, you can see them virtually anywhere on and around the airstrip.

Further west in Saint-Clet, you can drive the back roads surrounding the farmer's fields and spot Snowy's on snow piles, fenceposts, barns and in the open fields. This particular area is truly a hotspot for Snowy owls and has been for decades.

A Great Gray owl was photographed in a field in Saint Dorothee, near Saint-Eustache, and finally a Northern Hawk owl in around Saint-Jean Sur Richelieu. Not sure of the exact location as he's been sighted in more than one place in that area. It really has been a miraculous start to 2022 for owl lovers and it appears promising as these different species have settled in Mon-



treal and the surrounding regions.

As for the Townships, we still see Barred owls especially in Sutton, and where I live in Georgeville, both Barred and Eastern Screech owls can be heard at night. The only way to get these photos is to plan a day trip and try visiting these locals. Don't be disappointed if you strike out, I spent seven hours walking both the Montreal Technoparc and the golf course in Dorval and came up empty. It happens, but walking these trails is a great way to spend the day. Seeing and photographing any of these elusive owls is simply a bonus!

A few people have private messaged me and asked why they continue to have "less than sharp" pictures. I've talked about this in a past article, but here's a quick refresher.

During winter, it's even more difficult to get a tack sharp image simply because it's cold and your hands are probably shaking a little more than

usual. Today, most digital cameras have what's known as "image stabilization". It's a tiny button on your camera which helps keep your image sharp. It does not perform miracles, however, if you use a tripod or monopod, grip your camera tight and slowly depress the shutter, this feature will assist you in getting a clearer image. Always use a tripod or monopod. These are built for one purpose and that is to help you achieve a sharp photo. If you are using your car or truck as a blind, use a bean bag on the car door to steady your camera. If you're in a situation where you have no tripod or

monopod and you're out in the field, lean up against a tree to steady yourself. Any one of these methods will help you obtain that tack sharp image you desire. Over time and with practice, you will no doubt be happy with the results!

## Cowansville budget prioritizes water treatment plant, lake

By Ruby Irene Pratkan  
Local Journalism Initiative

Cowansville mayor Sylvie Beauregard presented the town's 2022 budget and three-year infrastructure plan at a virtual news conference on January 17.

Beauregard and city treasurer Josée Tassé explained that the ongoing development boom in the region (particularly in the multi-unit housing sector), the uncertainty caused by the pandemic, the need to improve services to residents and several ongoing infrastructure projects, including the municipal garage scheduled for completion this year and the new primary school scheduled to open in September 2023, were the main priorities that informed the composition of this year's balanced budget, which totals \$28.3 million.

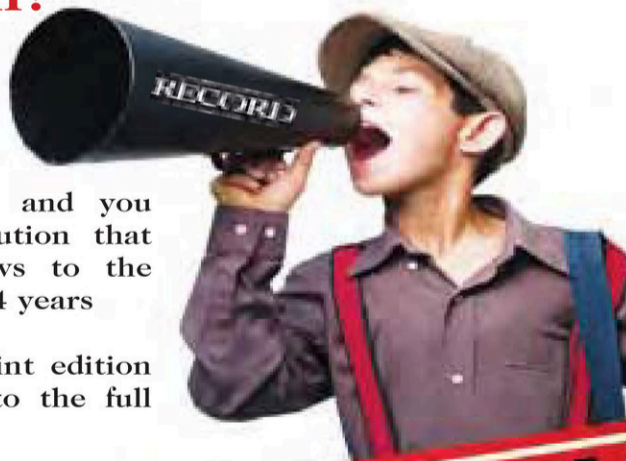
She also announced plans to invest

in the long-term conservation of Lac Davignon through an annual fund. "Lac Davignon is considered an essential resource for all citizens; it's our source of drinking water and also serves as a significant recreation centre for the whole region. It is [facing] issues linked to exotic invasive species, sediment control, water quality and the protection of its banks; we must act and invest to keep it healthy."

Consequently, the city will earmark \$100,000 from its otherwise unallocated surplus funds to create a reserved fund for the protection of the lake. The money will be used to "finance studies, develop plans and take concrete action for the management, protection and preservation of Lac Davignon," and a future bylaw is expected to make it possible for the city to top up the fund annually.

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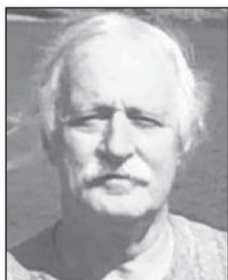
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Death



David Bryan CHAPMAN

October 9, 1953 - January 14, 2022

It is with profound sadness that we announce the passing of our dear father and grandfather, David Bryan Chapman, on January 14, 2022, at the Maison Diapason in Bromont, with his children by his side.

Loving father to Christopher (Catherine) Holly, Sara (Nathan). Best grandpa ever to Maya, Alexandra, Brooke, Lucas and Raphaël. Lovingly remembered by his mother Shirley and the late John Chapman and siblings George (Caroline), the late Susan (Ted), Bob (Isabelle), Douglas (Margaret), Geoff (Linda) and Allan (Lisa).

His legacy lives on through his passion for photography, music, and nature, bringing peace and comfort to us all. The unconditional love he held in his heart for his children and grandchildren will always be remembered and cherished and continue to live on in all of our hearts forever.

Cremation was held in Granby at Les Jardins Funéraires Bessette Crematorium. A private celebration of his life will be organized at a later date.

In lieu of flowers, please send donations to the B.M.P. Oncology Department <https://fondationbmp.ca/en/make-a-single-donation/>

We invite you to share memories and condolences on our website [www.famillebessette.com](http://www.famillebessette.com)

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Death



Derek STOWE  
1948 - 2022

It is with great sadness that we announce the passing of Derek at the age of 73. He leaves his wife Susan,

children Jennifer (Brian) and Ryan, grandchildren Jordan and Cole, and his sister Donna (Peter).

Derek grew up in Cowansville, Québec. He had a very engaging career travelling internationally. Always deeply rooted in the community which he cherished, he served on the board of the B.M.P. Hospital, the Cowansville and Knowlton United Churches as well as various other local committees. Derek loved life, he was a very devoted family man and was always there for his friends.

The family would like to thank Dr. Desy of the B.M.P., the CHUS Hospital in Sherbrooke and the many nurses for their wonderful care. He will always be missed and loved.

In his memory, donations to the B.M.P. Foundation ([www.bmpfoundation.ca](http://www.bmpfoundation.ca)) would be appreciated.

Arrangements entrusted to the Désourdy Funeral Home.

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Death

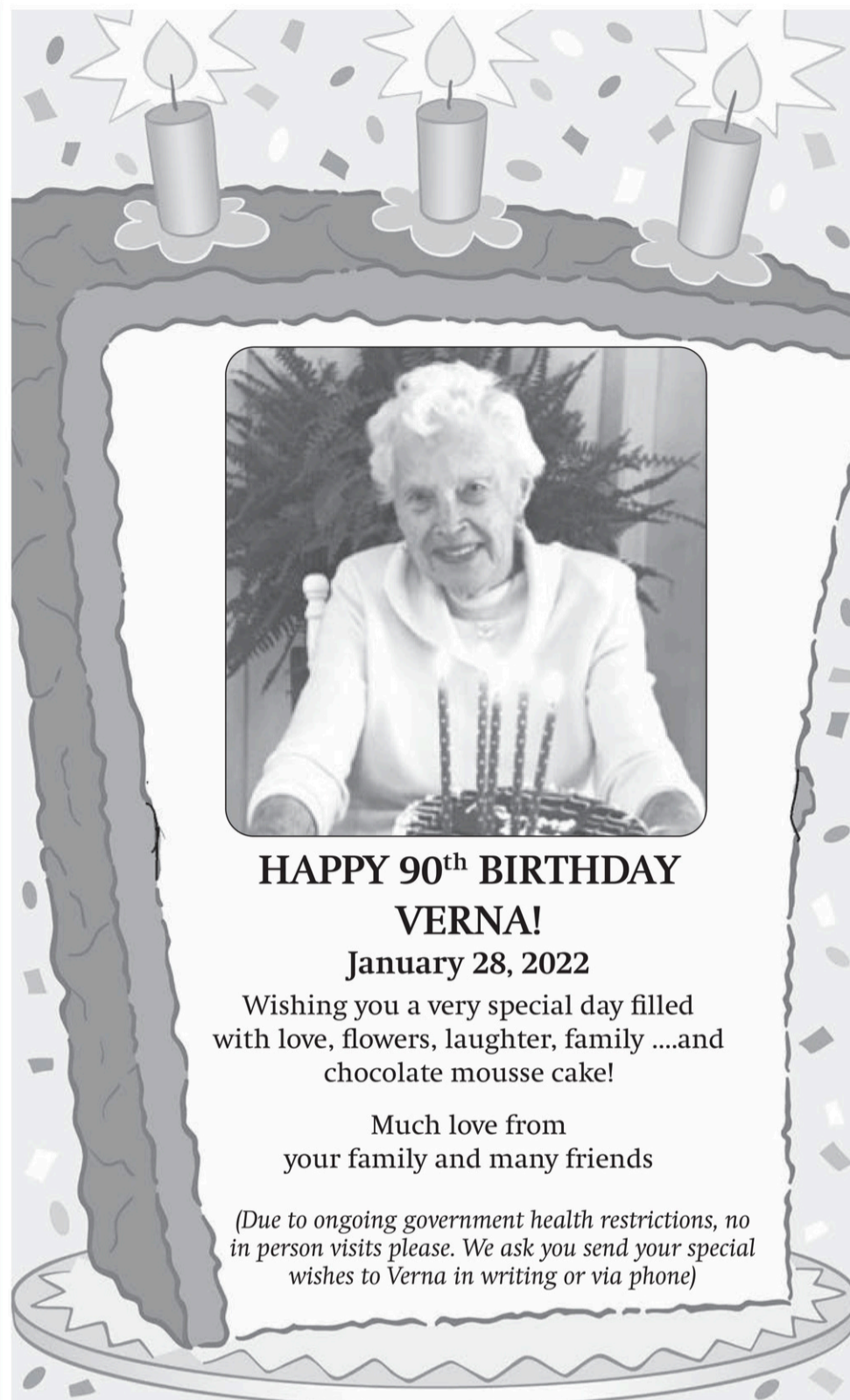
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January 28, 2022

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your family and many friends

*(Due to ongoing government health restrictions, no in person visits please. We ask you send your special wishes to Verna in writing or via phone)*

Should you be concerned about your indoor air?

(NC) On average, people spend about 90 per cent of their time indoors. Indoor air can contain all kinds of particles, including dust, pet dander, and chemical pollutants and smoke entering from outside, or produced indoors by using incense, smoking or cooking. A portable air cleaner, more commonly referred to as an air purifier, is one way to help improve indoor air quality in your space.

Air purifiers work by removing very small particles in the air. Designed to clean a single room, air purifiers remove particles by pulling the air through a filter.

If you're considering purchasing a unit, follow these tips for choosing the best one:

Look for a unit tested by Consumer Reports or certified by the Association of Home Appliance Manufacturers (AHAM).

Check the Clean Air Delivery Rate (CADR). As a general guideline, the smoke CADR should be equal at least two-thirds of the room's area. If your room has higher than 8-foot ceilings, or if the outdoor conditions are extreme (from wildfire smoke, for example), consider a higher CADR.

Consider an air purifier with a high-efficiency particulate air (HEPA) filter, which

can trap smaller particles than a non-HEPA filter can. Some devices also include an activated carbon or other absorbent filter to remove gases such as volatile organic compounds.

Follow manufacturer instructions for placement and operation to ensure good airflow. Generally, higher fan speeds and longer run times will increase the amount of air filtered.

Consider selecting a unit with a lower noise rating.

Avoid air purifiers that produce ozone, such as electrostatic precipitators and ionizers, as ozone can impact your health. Air purifiers that use UV light or photocatalytic oxidation also produce ozone and are not effective at removing harmful particles from the air. If you choose an electronic air purifier, make sure it is tested and produces low levels of ozone. The California Air Regulatory Board lists units that have passed testing for ozone emissions.

Don't forget to clean or replace the filter as recommended by the manufacturer. Find more information on keeping a healthy home at [canada.ca/healthy-home](http://canada.ca/healthy-home).

# Historian explores “genealogy” of best-treated minority trope

By Ruby Irene Pratka  
Local Journalism Initiative

Concordia University historian Patrick Donovan is delving into the oft-instrumentalized trope that the English-speaking community of Quebec is “the best treated minority in the world.” He presented his findings at a virtual Lunch and Learn event hosted by the Quebec English-speaking Communities Research Network (QUESCREEN) on Jan. 20.

“The phrase ‘best treated minority in the world’ has typically been used to describe Quebec’s English-speaking population, and...it’s a phrase that raises lots of questions – when did it start being used? How did its use change over the years? How did people back up this claim and how did they counter this claim? And finally, are English-speaking Quebecers really the world’s best treated minority?” Donovan said.

For Donovan, his research on the “genealogy” of the controversial phrase is a way of understanding “how the past shapes the present, which is not always in a linear or clear way.”

“In the case of English-speaking Quebec, we’re talking about a past where there was a hegemonic English-speaking ruling class from the 1760s to the mid-1800s whose legacy did not disap-

pear overnight. There was a desire to anglicize the French [speakers] in Canada, and although the overwhelming majority of English speakers in Quebec today are not descendants of this ruling class...these things leave traces,” said Donovan. “Some people only see the traces to the exclusion of everything else; others try to deny the traces. But one of the legacies of these traces we have to reckon with is this best-treated minority phrase. So let’s look at it.”

After analyzing more than 160 years’ worth of back issues of the Montreal Gazette, the Sherbrooke Record and other English- and French-language periodicals, Donovan found that the phrase is a relatively recent invention, not appearing at all in the Gazette archives before 1959.

Before 1920, Donovan found, the phrase and phrases like it – ‘most favoured minority,’ ‘most spoiled minority’ and so on – were most often used in French-language media to refer to the English-speaking Protestant minority, at a time when francophone communities in Ontario and Manitoba were struggling to access education in their own language. “The interesting thing about this period...is that there’s no pushback against the use of this phrase [from] anglophones,” says Donovan. “In fact, a lot of times, they reinforced it.”

Between 1920 and 1959 – in the years leading up to the emergence of the modern Quebec sovereignty movement – it mainly referred to English speakers or “Anglo-Protestants.” It was also occasionally used by sovereigntists to describe French-Canadians, arguing that Francophone Quebecers were “too pampered” to take the step of voting for sovereignty.

It was only in the 1970s, in light of the Quiet Revolution and the growth of a “very strong Francophone-led [secular] state,” that some francophone politicians began publicly using the phrase to advocate for restrictions on English language rights. Pushback against the phrase from the English-speaking community, Donovan found, picked up in the 1980s.

“Why has the phrase which had been embraced by English speakers themselves in the past suddenly become so unbearable? For one, it was becoming more difficult to make the case that English speakers were better treated than francophones outside Quebec, particularly with regard to primary and secondary schools, which have long been the backbone of the argument,” said Donovan, citing the restrictions on English-language education brought in by Bill 101 as other provinces facilitated access to French-language education.

By 2000, the term fell out of favour as linguistic tensions eased. However, Donovan notes, linguistic tensions “seem to be coming back, unfortunately, and the tension inducing phrase has also come back.” In his October 2021 throne speech, as debate over Bill 96 raged, Premier François Legault stated, “No minority in Canada is better served than English-speaking Quebecers,” leading to lengthy debate in the National Assembly.

Donovan declined to rule on the phrase’s veracity, calling it “hyperbolic” and “objectively difficult to measure” and observing that it “implied a lack of agency” on the part of the minority being “treated.”

“At its best, the phrase’s aim is to encourage people outside Quebec to show [fairness] toward minorities, and I think that’s mostly how it was used before. At its worst, it’s used by the majority to shut down grievances by a minority by depicting it as spoiled and privileged,” Donovan observed. “If you’re spoiled, you’re getting more than you deserve, and you’re expected to be quiet and not raise too many alarms.”

Donovan plans to publish a 15- to 20-page working paper on the subject later this year as part of the QUESCREEN Working Paper Series.

## Dunham mulls diaper subsidy

By Ruby Irene Pratka  
Local Journalism Initiative

The town of Dunham may soon join Sherbrooke and Cowansville in instituting a subsidy program to encourage residents to buy reusable personal care products.

The town council tabled a bill to that effect at the Jan. 11 council meeting. The measure, proposed by Coun. Jules Brunelle-Marineau, would set aside a fund to reimburse residents who buy reusable diapers, menstrual products or incontinence products. Council will vote on the final bylaw on Feb. 8.

“The bylaw has arisen from a proposal made by Comité Environnement Dunham about a year ago,” explained Dunham mayor Pierre Janecek, adding that councillors spoke with their counterparts in Cowansville and Bedford to “harmo-

nize...with what is already being done in our neighbouring municipalities.”

“If the bylaw is adopted, the plan is to provide financial assistance up to 50 per cent of the retail cost of a minimum of 15 new or used reusable diapers, up to a maximum amount of \$200 per child aged 2 and under per year, and of up to 50 per cent of the retail cost of reusable incontinence products or feminine hygiene products up to a maximum amount of \$200 per adult per year...while the budgetary allocation lasts,” says Janecek. He adds that a resident will be able to request assistance only once per year, and subsidies will be given to eligible applicants on a first-come-first-served basis.

“Citizens won’t be required to sign up for this project, but it...will serve as an incentive for the purchase of reusable products,” says Janecek. “It’s in the public interest to promote sustainable develop-

ment, to reduce the amount of waste going into landfills and the costs associated with waste removal, and favour reuse and recycling.”

Cowansville and Sherbrooke both launched similar programs last year.

“Sherbrooke City Council wanted to take direct action to reduce the amount of waste going into landfills,” says Ingrid Dubuc, director of the environment office at the Ville de Sherbrooke. “For example, an average baby will go through 3700 diapers, which ordinarily would go straight into a landfill...and with reusable diapers, you avoid that.” She says the program received 374 admissible requests for subsidies in its first seven months of existence; the cost to the city was \$25,000 for the first six months of the project.

In Sherbrooke, applicants need to fill out a form, provide proof of residence and proof of purchase of the products in

question, Dubuc explains. Low-income residents are eligible for a 75 per cent subsidy up to a total of \$200, and higher-income residents have a ceiling of \$150.

“The fact that we’ve had 374 requests in the last year shows the enthusiasm that has built up for this project, and shows that nearly 400 people are ready to take concrete steps toward reducing waste,” says Dubuc. “I would really like to see the amount we spent on that program vis-à-vis the amount that was saved in landfill costs.” The Sherbrooke project has been renewed for 2022.

Dunham town council will debate the proposed bylaw at the Feb. 8 council meeting, which will be broadcast live on the Ville de Dunham Facebook page at 7:30 p.m.. Dunham residents who have questions for council on this or any other issue can email [info@ville.dunham.qc.ca](mailto:info@ville.dunham.qc.ca) prior to the council meeting.

## Cowansville budget

CONT’D FROM PAGE 12

### No property tax increases

Although property values have risen over the past year - by 2.21 per cent on an average home and by 9.8 per cent on an average multi-unit residential property - property taxes will remain frozen for all categories of property in 2022. Residential water, water treatment and waste removal fees will rise slightly (by \$5 each) resulting in a total increase of \$15 on the average residential tax bill, explained Tassé.

Water and water treatment fees for businesses will also be slightly increased, by one cent and three cents per cubic

metre respectively.

“We’re pleased with our budget because we were able to maintain a certain stability for citizens,” said Beauregard. “People are already dealing with the rise in the cost of living, the cost of groceries and other services, so we arranged things to give people a bit of breathing room as far as their tax bills are concerned.”

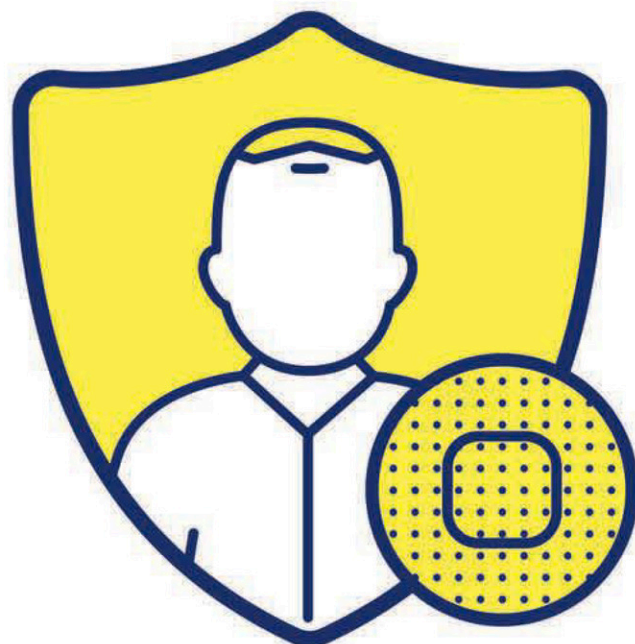
Water treatment plant at top of infrastructure list

The city has allocated just under \$13.7 million for infrastructure investments in 2022. The largest single investment is

for a major overhaul of the city’s water treatment plant (\$6.5 million). “The plant dates from 1986 and [needs to undergo] major updates to the technology, equipment and disinfection systems,” said director general Claude Lalonde. “Ultraviolet treatment will also be added before the water is released into the Yamaska River.” The water filtration plant will undergo an overhaul of its own in 2023-2024 including the replacement of the filtration systems.

Routine road maintenance (\$2.08 million) and the construction of a road

leading to the future primary school site (\$1.7 million) are the next most costly items. The city also plans to invest in plans and estimates for the modernization of its aquatic centre, renovate the pools in Parc Davignon, renovate the skate park and aquatic equipment rental facility at the nature centre, and make repairs to sidewalks. The Parc naturel Jacques-Bonnette will also be expanded in 2022 through the purchase of 11.5 hectares of land by the city.



# Time to make an appointment for your COVID-19 booster dose.

Follow the vaccination sequence and book your appointment when it's your turn.

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

Stay protected longer thanks to the booster dose.

Get the booster dose and follow all health guidelines to protect yourself from COVID-19 and its variants.

January 25, 2022

# Jobs Inside

## Great job opportunities

in collaboration with



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- ▶ a salary of \$21.50 per hour
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- ▶ several social activities and sports tournaments during the year
- ▶ we speak french, english and spanish

Send your CV to: [josianne.taillon@usihome.com](mailto:josianne.taillon@usihome.com)



# JOB SEARCH TIMELINE



## Identify your goal

Type of work are you looking for?

What skills / training you will need (does it need to be updated)

What is your goal? Full time work, type of work, etc.



## Start Looking

Prepare CV, cover letter, and references (make changes, update, etc.)

Do your research. Look at job sites

Ask around (Friends, family, employment counselor)



## Apply

Send in applications to all the places that interest you

Keep track of when and where you applied

Send out a follow up to ask if they received your application



## Interviews

Prepare for interviews

Schedule Interviews

Have the interview

Send out a follow up e-mail or phone call



## Grace Village is Hiring!

We are currently recruiting for the following roles:

- Certified Caregiver & LPN
- Assistant Cook & Kitchen Helper
- Resident Support Aide
- Laundry & Housekeeping Attendant
- HR Coordinator



Grace Village is a private senior's residence located in Lennoxville, Sherbrooke.

We offer a rewarding team-oriented environment providing quality care and services for seniors in our community!

### Candidate profile:

- Responsible and adaptable
- Service-oriented
- Experience caring for seniors is an asset

### Job Conditions & Advantages:

- Full-time and part-time available
- Flexible schedule
- Ongoing training & development
- Welcoming, collaborative work environment

Interested in joining our team? Please email your curriculum vitae and cover letter to [rh@masscom.ca](mailto:rh@masscom.ca).

1515, rue Pleasant View, Sherbrooke, QC J1M 0C6 | 819-569-0546 | [gracevillage.ca](http://gracevillage.ca)



## Experience in our roots.

*Strength in our future.*

Join our team today!

[northwesternmedicalcenter.org/careers](http://northwesternmedicalcenter.org/careers)



NMC is an Equal Opportunity Employer that promotes a smoke-free, drug-free environment. All new employees will be subject to a pre-employment health screening and drug test.

# Looking for a job in the Townships?

By: Ed Humphrey  
Townshippers' Association

At the start of any new year, there is always a lot to do, especially in the community development sector. And believe me, between Jan 1 and December 31, a LOT gets done by the many dedicated organizations and individuals that work tirelessly with, and for, their respective communities.

Townshippers' Association has the pleasure and the privilege of collaborating with, and supporting, organizations dedicated to helping English-speaking individuals and families in a variety of sectors, including employment and education, seniors, arts and culture, services for women, and literature, to name just a few.

Today, we are happy to introduce you to a community partner who could help you find the job you are looking for: Job Links.

## JOB LINKS

With a regional mandate, Job Links offers employment and guidance counselling services to English-speaking adults from the Eastern Townships. Clients can meet with counsellors one-on-one by phone, virtually, or in person at the Job Links office in Sherbrooke or at Service Québec offices located throughout the region. Job Links' support services offer their clients a great opportunity to explore their interests, abilities, and values, all while helping them learn about the job market, training requirements, and available resources. This learning process is then followed by the creation of a personalized employment action plan that helps job seekers move ahead in their employment journey.

## A BIT OF HISTORY

Job Links was initially launched by Townshippers' Association in 1995, but the popularity and the demand for English employment services created a need for additional partners to ensure the ongoing success of Job Links' programs. In 1997, the Eastern Townships School Board assumed management of Job Links and, with funding from Human Resources Development Canada, they continued to offer support for job seekers. Job

Links has been supported by Service Québec since the responsibility for employment services was transferred from the federal to the provincial government in 1999. More recently, the Education Ministry of Quebec has also provided financial support.

## JOB LINKS INFORMATION VIDEOS

Guidance counsellor Jessica Girard has been a regular guest on the About Townshippers web series presented on YouTube since 2020. During these chats, she offers viewers a ton of ideas and methods to help you prepare for your next job search. We invite you to grab a snack, relax, check out these episodes, and gather a few helpful tips from Jessica:

### Episode 11 – Need help with your job search?

Safe to say, looking for work can sometimes feel like a very stressful and solitary process. If you are an English speaker living in the Townships and you need some help working on your resume, finding employment, figuring out a possible career change, or finding the right training to help you move ahead, you will find this episode very interesting!

### Episode 22 – Get the most from telecommuting.

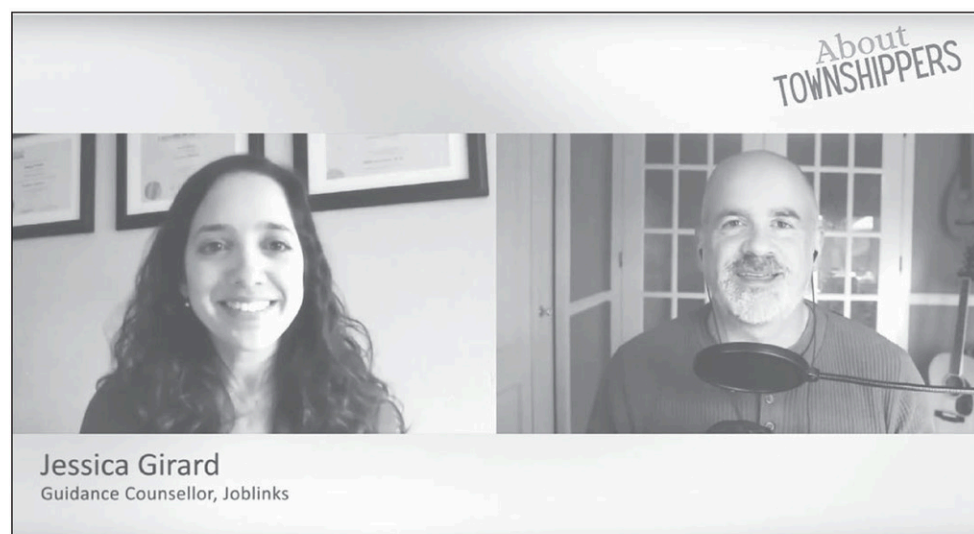
In this discussion, you will discover suggestions to help you strike a balance between the professional, family, health, and social aspects of working from home.

### Episode 26 – Burnout: Defining, recognizing, and preventing it.

Already on the rise prior to the arrival of COVID-19, burnout seems to be more and more prevalent as the pandemic continues. In this episode, we look at what it is, some of the signs to look out for, and what you can do to prevent it.

### Episode 27 – Nail your next online job interview! Part 1.

Online job interviews are becoming the norm these days. Although the process of preparing for an online interview can be similar to the process of preparing for an in-person one, there are some important differences! In this first of two segments, Jessica provides useful tips on interview preparation,



Jessica Girard  
Guidance Counsellor, Joblinks

PHOTO COURTESY OF TOWNSHIPERS' ASSOCIATION

In episode 27 of the About Townshippers' web series, Jessica Girard from Job Links offers tips for how to put your best foot forward during an online job interview. You can view this episode of About Townshippers, and others, on Townshippers' Association's YouTube page.

technology, and set-up to help you nail your next "on-camera" interview.

To watch these and many other ABOUT TOWNSHIPERS web interviews, visit Townshippers' Association's YouTube channel.

For more information on Job Links' services:

Phone: 819-566-2422

Web site: <http://joblinks.etsb.qc.ca/>

Location:

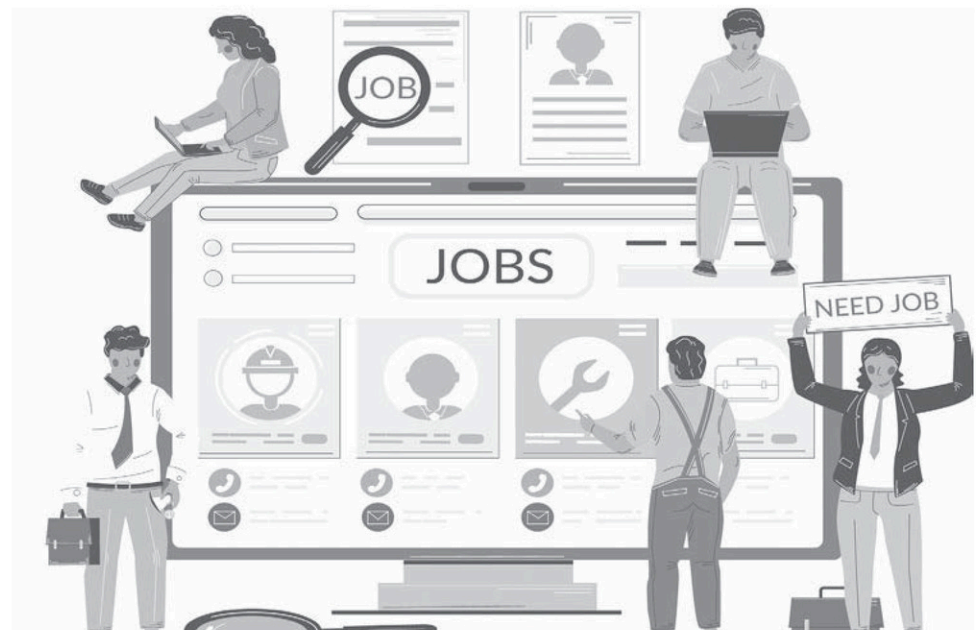
Job Links  
2365 rue Galt Ouest  
Sherbrooke, Qc J1L 1L1

Email: [joblinks@etsb.qc.ca](mailto:joblinks@etsb.qc.ca)

Social media:

<https://www.facebook.com/JobLinksEasternTownships>

Print media: Look for regular Job Links articles in The Sherbrooke Record





The ETSB is looking to hire maintenance crew, bus drivers and welcomes teachers to register for occasional supply teaching.



Visit our website for ongoing opportunities!  
[www.etsb.qc.ca](http://www.etsb.qc.ca)



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OUR WEBSITE:  
[www.exo-s.com](http://www.exo-s.com)





**CURIOS? UNDECIDED?**  
Contact us and try it as a "Student for a day"

**NEXT ENTRY DATES:**

# IT'S NOW TIME TO REGISTER

- FEBRUARY 2<sup>nd</sup>**
  - › Retail Butchery (French only)
  - › Machining
- FEBRUARY 3<sup>rd</sup>**
  - › Starting a Business
- FEBRUARY 8<sup>th</sup>**
  - › Representation
- FEBRUARY 16<sup>th</sup>**
  - › Food and Beverage Services
- MARCH 9<sup>th</sup>**
  - › Electromechanics\*

\*Prerequisite: Industrial Mechanics DVS or RAC process.

450 263-7901  
WWW.CBM.CSSVDC.GOUV.QC.CA  
180, Adélar-Godbout St., Cowansville QC J2K 3X9



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Visit our website for ongoing opportunities!

[www.etsb.qc.ca](http://www.etsb.qc.ca)



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**JOIN OUR TEAM!**



## THE CIUSSS DE L'ESTRIE - CHUS IS RECRUITING FOR ALL EMPLOYMENT CATEGORIES

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**Health care**  
(nurse, orderlie, general help, etc.)

**Support services and trades**  
(maintenance, food service, mechanics, etc.)

**Administrative**  
(administrative assistant, computer technician, medical secretary, etc.)

**Professionals**  
(social worker, educator, nutritionist, etc.)

**JOIN OUR TEAM. WE HAVE A POSITION FOR YOU!**

Apply at

[BESOINDEVOUS.CA](http://BESOINDEVOUS.CA)

Centre intégré universitaire de santé et de services sociaux de l'Estrie - Centre hospitalier universitaire de Sherbrooke



# Useful Job Search Sites - Places that Hire

## General Job Search Sites

Service Quebec Employment  
 Monster  
 Career Builder  
 Multi Emplois  
 Eluta  
 Neuvoo  
 Glassdoor  
 Oeildur Recruteur  
 Guichet Emplois  
 Option-Carriere  
 Indeed  
 Simplyhired  
 Job au Quebec  
 Site demploi  
 Jobboom  
 Townshippers  
 Jobillico  
 Travailler au Canada  
 Jobmire  
 Workopolis  
 Offres Emplois  
 Wowjobs  
 Local Work

## Companies who often hire

Bishops' University  
 PPD  
 Champlain College  
 CIUSSS- Estrie  
 Bishops College School  
 Grace Village  
 Eastern Townships School Board  
 Wales Home  
 Nordia

Wiptec  
 CGI  
 Wulftec  
 Sherweb  
 Aft-global  
 Globalexcel  
 Waterville TG

## Places that are always looking

Gas Stations  
 Shops (assembly line, welding, machining, etc.)  
 Grocery Stores  
 Truck Driving Companies  
 Retail Stores  
 Cleaning Services  
 Restaurants  
 Banks  
 Delivery Services (Restaurants, Amazon, Purolator, etc.)

## Student Jobs

Summer Camp Jobs  
 Parks Canada  
 Camp Massawippi  
 Student Employment - QC Government

## City Sites

Town of Sherbrooke  
 Town of Magog  
 Town of Compton  
 Town of Stanstead



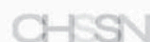
## Looking for a job? We can help!



Visit

[www.townshippers.org/jobsearch](http://www.townshippers.org/jobsearch)

to find out how we can support you.



## Ayer's Cliff

The Municipality of Ayer's Cliff in Estrie is currently looking for a dynamic person to fill the position of **Assistant Secretary-Treasurer**.

The person holding this position will:

- (1) Assist the General Director for all activities related to the Municipality's treasury. More specifically, the selected candidate will assume a supporting role, in particular for the following tasks: ensuring the complete accounting cycle, preparing the budget, the three-year capital expenditure program, applications for grants and financing, accountability, accounting audit, GST and QST rebates and other government rebates as well as bank reconciliation.
- (2) Assist the General Director for all activities related to the position of Secretary of the Municipality as provided for by the *Municipal Code*. More specifically, the person selected will assume a supporting role, in particular for the following tasks: preparation and publication of public notices, drafting of minutes, archiving of documents, drafting and monitoring of correspondence from the Municipality.
- (3) Perform all other related tasks and replace the General Director as needed.

### Requirements

- Diploma in accounting or related field (college or university level)
- Relevant experience in accounting and in the Municipal sector (asset)
- Proficient in Microsoft suite (Excel, Word) and SYGEM software (asset)
- Excellent command of the French language (oral/written)
- Good command of the English language (oral/written)

### Working conditions

- Full time (or part-time if the person selected choose so)
- Very flexible schedule and working remotely is a possibility
- Very competitive salary based on training and experience
- Benefits (pension plan and others)
- Start date February 28th, 2022 (or as soon as possible)

Interested? To submit your CV and for more information, please write to [maire@ayerscliff.ca](mailto:maire@ayerscliff.ca) no later than January 31st, 2022.

# Motivational Strategies

Motivation doesn't just happen,  
it is a state of mind

## S.M.A.R.T Goals

**Specific:** What is my specific goal?  
My goal is to...

**Measurable:**  
How will I keep track of it?  
I will keep track of my goal by...

**Achievable short-term goals:**  
How will I achieve this goal?  
I will keep track of my goal by...

**Relevant:**  
Is this goal relevant?  
I will keep track of my goal by...

**Time-based:**  
By when will I achieve this goal?  
I will keep track of my goal by...



### Vision Boards

Vision boards help determine long term goals

Can be made for 6 months, 1 year, 5 years, etc.

Find images that represent whom you want your future self to be (where you live, your job, your goals and dreams)

They are daily reminders to keep you focused, enthused and on task



### The Sandwich Method

Make a list of tasks you enjoy  
Make a list of tasks you hate  
Make a sandwich with the tasks:  
like on top, hate in the middle,  
like on the bottom.  
Repeat until your list is complete

Sometimes looking for a job can feel long, tedious, and like you are getting nowhere.

Having a plan, setting goals, staying organized and motivated will help you focus on what needs to be done.

Set time limits: 30 minutes researching jobs , 1-hour c.v prep/cover letter prep, etc.

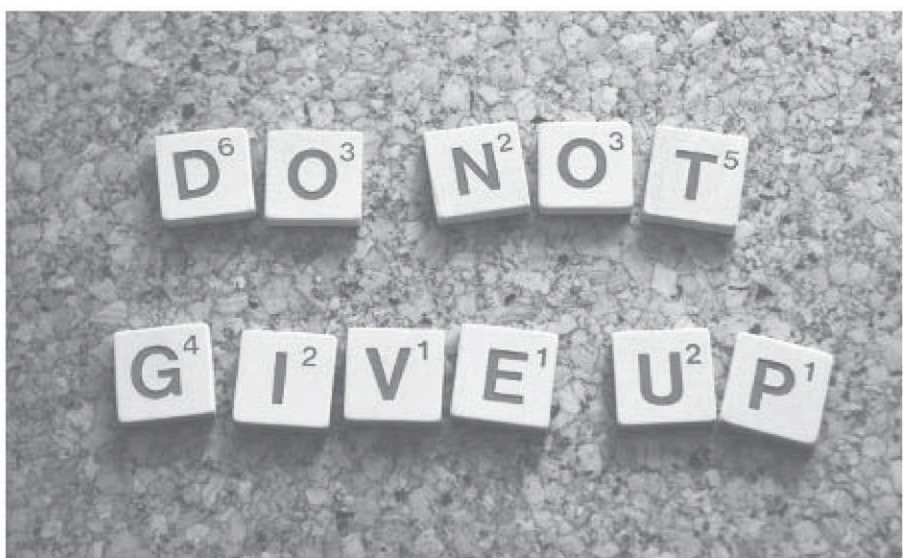
Remind yourself of your goals and motivation for all your hard work

Take breaks and switch gears for a while: take a walk, do yoga, etc.

If you need help with this, reach out to us and we would be happy to help 819-566-2422 ext. 0 / job links@etsb.qc.ca

## Socialize

Why is it important?  
Increase inspiration  
Increase creativity  
Helps problem solving and direction  
Keeps you accountable  
Socializing doesn't always need to be in large groups! One or 2 close contacts is just as good!



### Letters to your future self

Write down what you wish to accomplish when you open the letter  
Same as the vision board it can be in 1, 5, 10 years, etc.  
Letters help you set long term goals

# New Year, New Job?



## Diet Aide/ Cook

**RN/LPN Positions, Hospital & Office**

**Housekeepers**

**Floor Maintenance worker/Custodian**

**Licensed Nursing Assistants**

**Physical Therapy Assistant**

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select positions.**

For more information please visit  
[www.northcountryhospital.org](http://www.northcountryhospital.org)



# American Biltrite is Hiring!

## Production operator

- > Average salary of 26\$/hour
- > Must be available on all working shifts (day, evening, night and weekend)
- > Must be able to read, understand and communicate in French



## Here is what we have to offer:

- > Group RRSP
- > Very advantageous group insurance plan
- > Free telemedicine service for employees and their immediate families
- > Free and confidential employee assistance program
- > Free physiotherapy in the workplace
- > Active social committee
- > Located in downtown Sherbrooke

### Apply now:

[cv@american-biltrite.com](mailto:cv@american-biltrite.com)

<https://rh.american-biltrite.com/>



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[www.american-biltrite.com](http://www.american-biltrite.com)

200, Bank Street, Sherbrooke, Québec, J1H 4K3

Santé Courville, CHSLD privé conventionné, partner of the waterloise community, wishes you a happy and healthy new year 2022!



**We are recruiting:**  
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**(10/14 jour / soir)**  
**infirmier(ère)s auxiliaires**  
**(10/14 J / S)**  
**préposé(e)s aux bénéficiaires**  
**(10/14 S)**

Working at Santé Courville offers several advantages: the working conditions (salary, insurances and pension) of the public healthcare. As long as you're willing to learn, not speaking French is not an obstacle since we will match you with a bilingual colleague!

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