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THE RECORD

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WEDNESDAY, FEBRUARY 16, 2022

Vaccine passport out for all but travel by mid-March

By Gordon Lambie

Quebec Health Minister Christian Dubé announced a plan on Tuesday to withdraw the vaccine passport system in the province in three steps between now and March 14. According to the plan presented, the passport will no longer be required for big box stores as well as the SAQ and SQDC as of Wednesday. The requirement will then be dropped for churches and funerals as of Feb. 21, and then everywhere else, including seniors' residences and long term care homes, as of March 14.

"The vaccine passport has been and remains an important tool to fight the pandemic," Dubé said, "We are withdrawing it gradually as we learn to live with the virus."

The health minister discouraged people from deleting the VaxiCode app from their phones, stating that the system may be brought back in the future as needed to deal with new waves and pointing out that the proof of vaccination will likely still be needed for many international travel locations.

"We will continue to monitor the evolution of the situation," he said.

CONT'D ON PAGE 3

Waterloo Elementary celebrates the first 100 days of school!



COURTESY ETSB

Waterloo Elementary School (WES) found all kinds of ways to celebrate 100 days of learning!

Some students decided to dress up as 100 year old citizens, while others took

the opportunity to collect and wear one hundred of their favourite things.

The K4/K5 students not only decorated clothes with 100 items but also found 100 chocolates to count on the number chart!

Here are some of the photos from the festivities. For more, visit the WES Facebook page.

Great job WES!

See page 7 for more photos of WES's 100 days of school celebration

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Weather



TODAY:
A MIX OF SUN
AND CLOUDS

HIGH 2
LOW 1



THURSDAY:
RAIN

HIGH 8
LOW -8



FRIDAY:
FLURRIES

HIGH -8
LOW -19



SATURDAY:
FLURRIES

HIGH -4
LOW -15



SUNDAY:
A MIX OF SUN
AND CLOUDS

HIGH -4
LOW -8

HAND IN HAND

Hooked on School Days in the Townships



The Projet Partenaires pour la réussite éducative en Estrie (Projet PRÉE) is pleased to launch this year's edition of Hooked on School Days (HSD) in the Estrie. From Feb. 14 to 18, the entire Estrie community is invited to take part in this major national and regional mobilization campaign for educational success and school perseverance in Quebec.

In order to help motivate our young people, everyone is invited to congratulate a young person (or young people in general) for staying in school by using the hashtag #JPS2022 in their social media posts.

Giving meaning to young people's school careers:

The challenges of the pandemic that we have been experiencing since 2020 have impacted everyone's lives, and young people are no exception. The HSD 2022 campaign has been planned around the theme of "meaning", recognizing that educational success for young people comes from feeling like their work is worthwhile. After almost two years of living in a pandemic, this year's campaign looks to provide an opportunity to highlight the academic and professional aspirations of young people, their wishes, their desires, and their dreams. It is a time to discuss what motivates them to move forward and to persevere, discuss plans for the

future and explore the meaning they give to their studies and their goals in general.

To help inspire young people, video capsules have been prepared featuring people with inspiring backgrounds who are studying or who have studied in the Estrie including Megan Brodeur, Steve Roy, Florence Breton, Eli Woods and Melissa Haney. These will be circulated on social networks and in schools throughout the week, to encourage young people to pursue their dreams.

This edition of the HSD is also the perfect time to thank all the people who contribute to giving meaning to the school career of young people, through their gestures, their words and their advice. Their role is essential in school perseverance and the educational success of young people.

Since parents have a significant influence on their child's career choices, a sheet has been developed to provide them with the tools to help their child define their future plans.

Unveiling of Leger student survey data

The Réseau québécois pour la réussite éducative (RQRÉ) unveiled the results, Monday, of a survey conducted among 500 Quebecers aged 15 to 22 years that was aimed primarily at understanding what motivates young people and how confident they are in the future. Among other things, the survey found that despite the impacts of the pandemic on school perseverance, Quebec students view their future with optimism. While 47 per cent of young people in school say that the pandemic has had a negative effect on their perception

of the future, a large majority (77%) of them nevertheless see their future with optimism.

The survey results also showed that show that nearly one in three young people (32 per cent) has considered dropping out of school due to the magnitude of the health crisis. However, the respondents appear to remain confident and resilient. A full 81 per cent indicated that they felt competent and able to succeed in their academic goals, and 78 per cent were satisfied with their academic performance.

There appears to be a consistent factor in that perseverance. When asked about what motivates them, 89% of respondents said they were surrounded by at least one person who had a positive influence on their academic progress.

Carrying on under pandemic restrictions, much of the programming for this year's edition is virtual, taking place in the form of webinars and turnkey activities

About PRÉE :

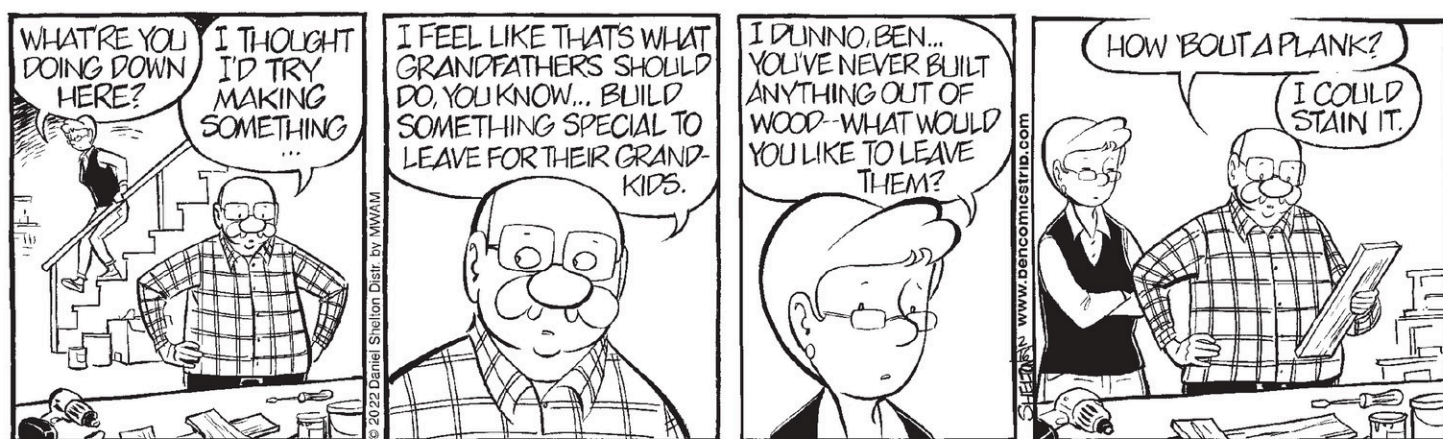
Responsible for the Estrie coordination of Hooked on School Days, the PRÉE Project is the regional consultation body on school perseverance and educational success for the Estrie region. Its mission is to promote school perseverance and the educational success of young people in the Eastern Townships by mobilizing community and educational partners, and by developing coordinated initiatives. For more information, consult the 2020-2021 annual report of the PRÉE Project or its website: ReussiteEducativEstrie.ca.



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Ben by Daniel Shelton



Local News

"The mask remains a significant tool that cannot be removed under the current circumstances," he said.

Ulverton by-elections follow resignations

By Geoff Agombar
Local Journalism Initiative

Just 100 days after last November's municipal elections, Ulverton (population 418) is accepting candidates for three open seats after the mayor and two councillors resigned in less than a month.

The by-election is scheduled for Apr. 3. Candidacy papers can be submitted until 4:30 p.m. on Feb. 25.

France Bouthillette, elected mayor by acclamation on Nov. 7, resigned her position at a special council meeting on Dec. 17, just five days before the 2022 budget was approved.

Bouthillette had previously served one term in the Councillor #2 position. Her successor in that seat, Marie Gervais, was named interim mayor and presided over special sessions on Dec. 21 to pass a \$1M budget for 2022 and 3-year infrastructure plan (\$447,000 in Year 1, \$331,000 in Year 2, \$328,000 in Year 3).

The town's December letter to citizens, Info Ulverton, included holiday wishes and tables of the new 2022 budget and infrastructure plan, but made no mention of the mayoral resignation that preceded their passage.

Jacques Poliquin attended the Dec. 21 special sessions and voted in unanimity on the budgetary motions, but five days later submitted a resignation letter on Dec. 26. Poliquin was an incumbent councillor re-elected to seat #1 by acclamation in November. His resignation was announced at the next council meeting on Jan. 10.

On Jan. 15, Lynda Tétréault submitted a letter of resignation renouncing her seat #6, effective Feb. 8, one day after

the next council meeting. Tétréault attended and voted during the Feb. 7 meeting where her resignation was announced.

The January edition of Info Ulverton advised citizens there would be by-elections in the spring, but offered only general information about the role of mayor and councillors. No dates or details of which seats were vacant was offered.

In February, the Info Ulverton letter specified the positions of mayor, and councillors #1 and #6 were open. Notably, Gervais's position as councillor #2 is currently marked as vacant while she serves as interim mayor, but that seat is not open for by-election candidacies.

Town Manager Vicki Turgeon confirms that councillors must resign a current seat before running for another. She says application papers have been requested for all open seats, but only two candidacies have been received to date. Tétréault is running for mayor. Joelle Hénault is running for Councillor #1. No candidates have yet submitted papers to fill the seat Tétréault resigned last week.

Turgeon says last November's election cost roughly \$11,000. She expects the cost of the April by-election to be very similar, because all the same staffing and operational costs are mandated under the law governing municipal elections. She adds that even if all three positions are filled by acclamation, many of those costs are unavoidable.

The budget passed last December does include a \$3,000 annual reserve for elections, but Turgeon notes this amount represents the predicted cost

of 2025 elections divided over four years, irrespective of the eventual costs of the 2022 by-election.

Turgeon explains that an elected official cannot resign then run for the same seat in the subsequent by-election, but is unsure whether the law would allow for an official to resign then run for a different position in that same by-election.

Neither Bouthillette, Poliquin, nor Tétréault responded to voice messages before The Record went to print.

A handful of residents reached by phone for insight into the talk around town had no desire to be named or quoted. They expressed opposing sympathies and judgements regarding who bears responsibility for the rapid breakdown of the newly elected council.

One local informed The Record of a two-page letter Bouthillette recently sent to residents, but could not share it. They were offended that someone would quit then cast doubts on those who remain, and had discarded their copy.

Maurice Richard, an Ulverton cheesemaker who ran unsuccessfully for mayor in 2017, had the impression that Poliquin had resigned his seat in solidarity with Bouthillette. He noted that although Bouthillette won her mayoral race by acclamation in 2021, in 2017 she had earned more votes than any other candidate when she won her previous seat as Councillor #2. Richard expressed disappointment it had taken until February for residents to learn more detail of the resignations and by-elections.

Richard did save his copy of Bouthillette's letter.

In it, Bouthillette describes an "an

unhealthy climate created within council" which "did not correspond to my convictions." She expresses regret she will not have the opportunity to share her ideas and ambitions for Ulverton, "It was suggested that I wait to communicate them to the population, and I am still searching for the reason why that was suggested."

Bouthillette goes on to suggest certain elected officials were exceeding their role, and that their methods diverged from her values and practices based on training and experience during her previous four-year term as councillor. Without being explicit about this accusation, she refers to consultation with "our" auditor, presumably the town's. She speaks of contacting the ministry of municipal affairs and "mandating one of their councillors to remind everyone of their respective roles within municipal government and to better understand the distinction between governance decisions (by council) and operational decisions (by the administration)."

"This letter fulfills my duty of transparency toward the citizens of Ulverton, and the reasons for my resignation will no longer be subject of abundant commentary," Bouthillette says. She urges citizens to participate fully in the coming by-elections. "Our municipality needs each and every one of you to ensure that the needs of its population are adequately met in order to create a united community."

A search of the Conseil municipal du Québec database of citations and decisions under the Municipal Ethics Act reveals zero results for files, open or closed, in the municipality of Ulverton.

Vaccine passport

CONT'D FROM PAGE 1

Asked about the announcement in light of the fact that he had said, as recently as last week, there was no intention to withdraw the program for the immediate future, the Health Minister said that the decision was made based on the recommendations of the Public Health department, and encouraged people to take it as good news. He also denied any link between the decision's timing and the ongoing protests regarding public health measures.

"We're doing it because it's the right time to do it," Dubé said.

Dr. Luc Boileau, the province's interim Public Health Director, said that previous plans to extend the vaccine passport system to a third dose were thrown for a loop by the Omicron variant. With more than a quarter of Quebecers having contracted the virus in the last two months, he explained, there is a significant delay to people's eligibility to receive the booster. By the time these people can get the third dose, the current wave of the virus is expected to be over, making

the extension of the system less important.

Asked about plans regarding mask mandates, Dr. Boileau said that although public health would eventually like to move to a system where people can use masks on a discretionary basis, there is no plan to withdraw mask requirements before March 14.

"The mask remains a significant tool that cannot be removed under the current circumstances," he said.

Dubé said something similar about the provincial state of emergency, stating that even though the government is withdrawing many measures, enough of the pandemic response in the province is dependent on the status that it cannot be dropped without advance preparation.

There were 2,052 people in hospitals with COVID-19 across Quebec on Tuesday, a decrease of 43 compared to Monday. The number of people in intensive care with the virus also decreased, dropping to 132.

The federal government, meanwhile, announced changes to international travel procedures including an end to mandatory testing and quarantine for fully vaccinated arrivals, and an end to the recommendation against non-

essential travel.

Travellers to Canada will now have the option of using a COVID-19 rapid antigen test result (taken the day prior to their scheduled flight or arrival at the land border or marine port of entry) or a molecular test result (taken no more than 72 hours before their scheduled flight or arrival at the land border or marine port of entry) to meet pre-entry requirements. Taking a rapid antigen test at home is not sufficient to meet the pre-entry requirement - it must be authorized by the country in which it was purchased and must be administered by a laboratory, healthcare entity or telehealth service.

The province recorded 56 new deaths, for a total of 13,766 since the start of the pandemic.

Hospitalizations in the Townships dropped to 95 overall, with five in intensive care. This marks the first time since Jan. 3 that the number of covid patients in the region has been below 100, and the lowest number of intensive care cases since mid-December. Despite this improvement, however, there were seven new deaths linked to the virus in the region, for a total of 526.

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KEEPING IN TOUCH

Overcoming Obstacles to Excel in the Estrie – Tell Us Your Story!

By Bethany Vanasse

It's that time of year again, when Townshippers' Association puts out the call to secondary five students to apply to our annual essay challenge, Excel in the Estrie.

If you are graduating from an English high school in the Townships this year and you're planning on continuing your education in English here in the region, then you are eligible to win \$500! Despite it being called an "essay challenge," you have the choice of either writing a 500-word essay or, for those more comfortable expressing yourselves verbally, you can submit a 3-minute video instead.

What should the essay be about? Good question (in fact there are two parts to the essay). In the first part, you need to discuss an obstacle that you have overcome or are working on overcoming. In the second part, you need to talk about your future plans for your life here in the Townships.

If the past year or two haven't been hard enough on graduating students already, the last thing we want to add to your plate is more uncertainty. In the spirit of clarity, here's a little hint about what is meant by the topic of "overcoming obstacles." For starters, originality and creativity have always been very much appreciated regarding this point. We urge you to think outside the box, to dig deep within yourself, or even to have a little fun with the challenge! You may be reading this thinking, "I haven't overcome any major obstacles, so what should I write about?" To that I would answer: "OF COURSE YOU HAVE!" If you've made it to be in the graduating class of 2022, then trust me when I say

you've been through a lot. The pandemic has been nothing if not an obstacle that you've overcome. Whether that meant feeling isolated, confused, angry or even creative and motivated during this whole pandemic ordeal, you've been through something major and felt some profound feelings – and we want to hear about it.

Or perhaps you've made it this far and the last thing you want to talk about is the pandemic. In that case, we invite you to talk about your school life (is there a subject you struggle in?), your social life (are you trying to figure out who you are and where you belong?), your extra-curricular activities (did you try out for a team?), your job (are you trying to balance work and school?), or your family (families are complex social structures that may involve navigating complicated relationships). You're welcome to discuss any aspect of your life that has felt like a challenge – big or small.

All this to say, regardless of your situation or your background, we know that you have a story to tell, and we certainly want to hear it. Even if you haven't been able to fully overcome the challenges and obstacles that life has thrown at you, discussing the steps that you've taken to work towards facing your challenge is in and of itself a brave enough effort to warrant writing about.

For more information about the Excel in the Estrie Essay Challenge, please visit our website at townshippers.org/essay-contest. If you have any other questions, you can also reach out to Bethany Vanasse at paj@townshippers.org. The deadline to submit your entry is April 15, 2022. Please note that winning

PHOTO COURTESY OF BETHANY VANASSE

Are you a high school senior? Want a chance to win \$500? Enter the Excel in the Estrie essay challenge to tell us about an obstacle you have overcome and how you see your future here in the Eastern Townships. For more information, visit: townshippers.org/essay-contest.

essays are published publicly in the Townshippers' magazine. This cash prize is made possible each year through the generous support of partners, which, in 2021-2022, include: Canada, Quebec, Cass Funeral Homes, NAV Canada, Champlain Regional College, and Stanstead College.

This monthly column keeps you in touch with Townshippers' Association's activities and news. Other ways to keep

in touch:

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Prefer pesticides to vaccines?

Health claims accepted for people who worked with pesticides



FARM NEWS REVIEW

SCOTT STEVENSON

Local Journalism Initiative

Competing advertisements over pesticides in the Feb. 9 *Terre de Chez Nous* speak to a difficult dilemma in farming today and the toll it can have on health.

On page A12, herbicide producer Bayer promotes its selection of weed-killers with a half-page ad featuring a grizzled looking farmer at his desk

holding a cup of coffee and reading a tablet. A whimsical excess of corn collectibles decorates the farmer's office, including an over-sized cob that looks like it grew on steroids.

The ad tells such farmers that Bayer's products can help "optimize corn performance all year long and increase yields at harvest time." Just visit "ChampsDeMaisPropres.ca" (Clean Corn Fields), and you can learn more. The link takes you to Bayer's Web site address that in English reads "Crop Science".

"Clean" may be something you want in your kitchen, but only a fool farmer would use it to describe his or her daily life in the field, as Kristin Kimball describes so beautifully in her book *The Dirty Life*.

While Bayer may be speaking to some farmers, it must be missing the mark on a growing number of others.

On page A13, across from Bayer's ad, is the Quebec government's quarter-page advertisement offering financial assistance to farmers who are using five types of environmentally healthy practices: "crop diversification; off-season soil protection; reduction in the

use of herbicides; use of seeds not treated with insecticides; and the promotion of biodiversity."

The photograph in this ad features a man and woman crouching in their field, sunlight shining from behind, and a young girl looking over them, smiling.

It's the young girl's future that's at stake, of course.

The Web site link on this one is "fadq.qc.ca/initiative-pratiques-agro".

Parkinson's and pesticides

In several previous issues of the *Terre de Chez Nous* in recent months, the newspaper ran notices about "Parkinson's now being on the list of recognized occupational diseases.

"Therefore, an individual registered with the CNESST (Quebec's occupational health and safety commission) and who meets certain criteria related to the use of pesticides can make a claim."

The link on this one is also telling: santeseurite.upa.qc.ca/reclamation-pour-un-parkinson-lie-a-lusage-des-pesticides-pas-de-temps-a-perdre (my translation: [healthsafety...claim-for-Parkinson's-related-to-the-use-of-](http://healthsafety...claim-for-Parkinson's-related-to-the-use-of-pesticides-no-time-to-lose)

pesticides-no-time-to-lose).

Former Tribune columnist and reporter Luc Larochelle, now a neighbour of mine, no longer works due to early-onset Parkinson's. He told me it's too difficult to know the reason or reasons he got it, but he listed three strong possibilities: working with paint removers, playing golf where pesticides are used, and eating unwashed blueberries at a family member's blueberry farm after pesticide spraying.

In his case, as he said, the scientific proof isn't there. But if the CNESST is paying damages for working with pesticides, I don't want them used on our land or in the food I eat.

And I would think such a risk to our health and environment merits more anger and anxiety than pandemic restrictions designed to protect us and our neighbours, our health system, and the people working in it.

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.

Former Cowansville resident explores history of the Megantic Outlaw

By Michael Boriero

AMY TECTOR, an author and archivist at Library and Archives Canada in Ottawa, intends to blend the history of the Megantic Outlaw into a new murder-mystery novel based in the modern day.

"The Megantic Outlaw is secondary to the contemporary murder-mystery that I'm writing, but it's a fun story and I like the connection to the Townships, so I'm going to weave it in. Most of what I write, most of my work, always incorporates [...] an element of history to it," she said.

Although Tector has lived in Ottawa for the majority of her adult life, she grew up in Cowansville, consuming books at the local library and attending Massey-Vanier High School. She also absorbed her father's knowledge of the history of the Eastern Townships.

According to Tector, her father, who was from Asbestos, would often talk about the Megantic Outlaw, or Donald Morrison. Her family even had a copy of Bernard Epps' book, *The Outlaw of Megantic*, which explains the events that led to one of Canada's longest manhunts.

"Donald Morrison had this really interesting adventure where he was flouting authority for months and like his community was hiding him and he was this real kind of outlaw, but many would argue he was on the side of right and he was standing up for the little guy," said Tector.

She told *The Record* that there isn't a lot of historical research on Morrison. As part of her own research, Tector has reached out to local Facebook groups to see if Townshippers have any knowledge or anecdotes about the Megantic Outlaw. She's still in the early stages of her novel.

"I'm writing a novel that will have a few, you know, elements of that and then I'm kind of taking Donald Morrison's story and then doing some things that are not actually historically accurate, either, it's not going to be a faithful retelling. It's an imaginative starting off point," Tector said.

She doesn't know how much of Morrison's history will be incorporated into her novel, but Tector said she has been thrilled to read and learn about the outlaw's life. Morrison's life story is forever linked to the Eastern Townships, she explained, it's part of

the fabric of a place.

"He's sort of the equivalent to like in Australia they have Ned Kelly and you know, there's like Butch Cassidy and the Sundance Kid, or out West there's Billy the Kid. Those were all real people who sort of did these things and caught the popular imagination," she said.

Tector has always been interested in writing as a career. She worked for *The Record* for one summer as a Brome County News reporter in Knowlton. But Tector moved on from journalism, choosing instead to pursue academia. She went on to get a PhD in English literature.

When she applied for a job at Library and Archives Canada, she didn't really know what to expect. However, it has turned out to be the perfect combination for her passion for writing stories with a historical twist. Her first novel, *The Honeybee Emeralds*, comes out next month.

Her debut novel is set in Paris, so there aren't any ties to the Eastern Townships, she said jokingly, adding it's a story in which her characters will utilize various archives to solve a mystery. Tector said her time at the archives has opened her eyes to many



COURTESY OF AMY TECTOR

historical gems.

"The thing is when you work at an archives you realize how many stories there are out there that are fascinating and amazing and hidden and unknown and so this job [...] has really inspired me to look for these stories and kind of tell them in interesting ways," she said.

Community Aid eager for a warm spring

By Johnathan Houle
Special to The Record

LENNOXVILLE and District Community Aid is a vital lifeline for many seniors in the Lennoxville, Waterville and North Hatley area. However, with government shutdowns and pandemic restrictions changing frequently, the organization has found helping seniors more challenging in recent months.

"We've had to close down in the fall and again in December when everything shut down again," explained Sylvie Fowlis, director of Lennoxville and District Community Aid. "We are now able to do some of the groups via Zoom, but some of our important programs such as exercise or prevention of falls have not been able to continue online." These important programs being halted has been a concern for the organization, since the program was important for those who participated to increase their energy and to help them stay autonomous.

With Zoom and other tools, Community Aid has been able to provide many of its services through online platforms including group meetings and get togethers. Though many recipients can access the services, Fowlis has noticed that not all have access to the online programs. "The quality of the service is there for those who can experience it, but we haven't been able to reach everyone," the director said. The two reasons being either inexperience with the technology, or not having access to it. After identifying the issue, Community Aid has begun the planning of a

technology course to teach those who have limited experience with Zoom or electronics, with the goal of building confidence with operating electronics and online tools. In doing this, they believe that if ever another lockdown were to occur and in-person services were prohibited, those who were previously unsure about technology would be able to navigate it with less effort.

"One of our services that hasn't stopped at all is our Meals on Wheels program," said Fowlis. The service of providing a certain number of nutritious meals a week has become quite popular during the pandemic as people are reluctant to leave their homes. "It has been important for a lot of people as well as a lifeline," said Fowlis. "We've begun offering frozen meals as well as a food pick-up service to help the people who are hesitant to go outdoors because of the pandemic." Though the service remained mostly unchanged, there have been some adjustments due to pandemic restrictions. One being the volunteers leaving the meals at the door rather than entering the homes and delivering them personally. This distancing has been difficult for some of the volunteers and seniors, as the community is closely-knit and are often friends or family. However, providing safe and reliable aid is the goal of the organization.

Looking to the future, Community Aid is optimistic that restrictions will loosen soon to allow the return of in-person activities, such as the Friendly Contacts and activity groups. "The social interaction and stimulation



aren't there currently, so by starting up some of our services we're hoping to help them regain some of that loss that they've suffered," explained Fowlis.

As isolation tends to degrade the mind, the mental wellbeing of seniors has been and will continue to be a focus of the organization. Lennoxville and District Community Aid is hopeful that with spring around the corner, in-person meetings and programs that the organization offers will be able to bring back long-awaited social interactions that both their volunteers and recipients yearn for.



LENNOXVILLE COMMUNITY AID

EDITORIAL

As Ottawa approaches the third week of the occupation, this action should have taken place much earlier.

Canada in crisis:

Why Justin Trudeau has invoked the Emergencies Act to end trucker protests

By Jack L. Rozdilsky
Associate Professor of Disaster
and Emergency Management, York
University, Canada

Canadian Prime Minister Justin Trudeau has invoked the Emergencies Act in an effort to quell the protests by truckers and other groups opposed to measures aimed at preventing the spread of COVID-19. The federal government has never before acted to implement this once-obscure piece of disaster and emergency legislation.

Trudeau has suggested the additional tools the Emergencies Act provides for will allow the federal government to manage situations as they emerge, take extraordinary actions that are time-limited, have specific geographic bounds and deploy a measured use of out-of-the-ordinary expansive governmental powers.

"This is about keeping Canadians safe, protecting people's jobs and restoring confidence in our institutions," Trudeau said in a national address Monday.

Canada is still in the midst of the COVID-19 global pandemic emergency. At the time of Trudeau's announcement, 35,470 Canadians had died of COVID-19 since the beginning of the pandemic.

Never been invoked

The Emergencies Act of 1988 is part of the Revised Statutes of Canada. Such legislation is reserved for use under the most extreme emergencies or existential threats. In more than 30 years, no Canadian government has determined that any disaster — natural or man-made — has created such a grave threat to the nation.

The act's legislation names examples of emergencies that may rise to the level of top concern. Public welfare emergencies are what most people would consider as disasters, including natural phenomena and man-made catastrophes. Public order emergencies consist of various threats from civil disorder — the current occupation of Ottawa being an example. In addition,

aspects of international emergencies and warfare can be addressed within the context of the Emergencies Act.

The legislation means that additional extraordinary government powers can be applied to manage an extreme emergency. These include additional layers of security for specific locations and critical infrastructure, people can be compelled to render essential services with compensation and the RCMP — Canada's national police force — can be used to enforce municipal laws.

In the case of the current protests in Ottawa and other parts of the country, an additional new and significant aspect affects the financial support mechanisms for the 'freedom convoy' occupation. The methods and instruments of such financial support will now come under closer security in accordance with a broadening of Canada's anti-terrorism financing rules.

War Measures Act

The shadow of history is important here as Trudeau stresses he is not using the invocation of the Emergencies Act to call the Canadian military onto the streets to confront citizens.

It's an essential point for him to make: in 1970, Trudeau's father, Pierre, invoked the War Measures Act in one of the most controversial decisions of his 15-year tenure as prime minister. The older Trudeau brought the military into the streets during the October Crisis after a series of terrorist attacks perpetrated by the separatist group known as the Front de libération du Québec.

The War Measures Act dates back to 1914. It was intended to give the Canadian government extra powers during times of war, invasion and insurrection. Due to real and perceived injustices related to use of the act, it was repealed in the 1980s. One of those injustices was that the War Measures Act facilitated the internment of nearly 22,000 Japanese Canadians living in British Columbia during the Second World War.

When the Emergencies Act succeeded the War Measures Act in 1988, it introduced changes regarding



how the federal government can use extraordinary powers in times of crisis. Those changes include forcing cabinet to seek Parliament's approval for new emergency laws, and requiring any emergency actions to take place in a manner consistent with the provisions of the Canadian Charter of Rights and Freedoms.

The Charter is the most recognized part of Canada's Constitution. It guarantees the rights of individuals by enshrining those rights, and puts certain limits on them.

Trudeau stressed that by using the Emergencies Act, the government was "not suspending fundamental rights or overriding the Charter of Rights and Freedoms. We are not limiting people's freedom of speech. We are not preventing people from exercising their right to protest legally. We are reinforcing the principles, values and institutions that keep all Canadians free."

In the coming days, Parliament will begin an unprecedented process of legislatively enacting emergency powers. It is not guaranteed that Parliament will concur with all of the provisions of the implementation of the Emergencies Act as tabled by the Trudeau administration.

All disasters are political

The historic invocation of the Emergencies Act — due to the actions of a small group of people — begs the question: what comes next?

First, we will see numerous parliamentary procedures in Ottawa starting immediately with the specific details of what the implementation of the Emergencies Act will actually mean.

Second — perhaps more importantly

to those in Ottawa and elsewhere whose lives are being negatively impacted by the continued disruptions — the act will swiftly allow for action to bring the immediate crisis to an end.

There will be changes in how people will be allowed to gather. There will also be designations of new zones with enhanced security protocols at locations with critical infrastructure, government operations, border crossings and airports.

Additional services will be provided to spots under occupation, such as downtown Ottawa. Specifically, services such as heavy towing could be brought to bear on the situation in ways not available before.

Third, the invocation of the Emergencies Act sends out the symbolic message that Canada is treating the current anti-mandate blockages and occupations with the utmost seriousness. As Ottawa approaches the third week of the occupation, this action should have taken place much earlier.

In the end, all disasters are political. There will be an examination of why it took so long to invoke the Emergencies Act. But in the meantime, Canada is telegraphing to the world that public order will be maintained — and the government can take action to quell this crisis of social origin.

Jack L. Rozdilsky is a Professor at York University who receives funding from the Canadian Institutes of Health Research as a co-investigator on a project supported under operating grant Canadian 2019 Novel Coronavirus (COVID-19) Rapid Research Funding.

This text was originally published on Theconversation.com

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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6 Mallory, Sherbrooke, Quebec J1M 2E2

Fax: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com

WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
MATTHEW McCULLY MANAGING EDITOR (819) 569-6345
GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

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

KNOWLTON OFFICE

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

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CONT'D FROM PAGE 1



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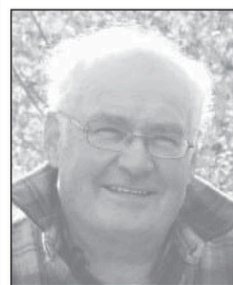
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Death



George R. JACKSON

Passed away peacefully at the Smiths Falls Hospital on Tuesday, January 18,

2022, at the age of 68.

Beloved husband and best friend for more than 41 years to Karen (nee Fraser). Loving and devoted father of Jennifer (Shawn) Hurd and Jeremy (Suraya) Jackson. Cherished and proud grandfather of Skyleigh, Soleil, Hartley, Ocean, Orion and Arabella. George was predeceased by his parents Murray and Jean (nee Bean) Jackson, as well as his sister Jane. He is survived by his siblings Lucy (late Gerry), Fred (Kathy), Frances, Janice, Johnny and Wanda (John). He will be fondly remembered by his many nieces, nephews, extended family and friends. There was a service to celebrate George's life at Blair & Son Smiths Falls Chapel on Saturday, February 12, 2022 at 2:30 p.m.

If desired, memorial contributions may be made to the Canadian Association for Anglers and Hunters, AFTD's Mission or to the charity of your choice.

Blair & Son Funeral Home
112 Beckwith Street North,
Smiths Falls, ON K7A 2C3
613-283-2800
www.blairandson.com

Death



Helen Bambic WORKMAN

June 22, 1935 - January 31, 2022

At 10:40 p.m. PST on January 31, 2022, Helen passed peacefully. She will be deeply missed by her four children Tara, Holly, Tanya and Mark, and all her dear friends in Potton and around the world.

A celebration of her life will be held in conjunction with her interment at Owl's Head Cemetery.

<https://memories.net/timeline/helen-bambicworkman-72996>



Date Book

WEDNESDAY, FEBRUARY 16, 2022

Today is the 47th day of 2022 and the 58th day of winter.

TODAY'S HISTORY: In 1923, archaeologist Howard Carter unsealed the burial chamber of the recently discovered tomb of the Egyptian pharaoh Tutankhamen.

In 1959, Fidel Castro was sworn in as prime minister of Cuba.

In 1968, the United States' first 911 emergency phone system went into service in Haleyville, Alabama.

In 2005, the Kyoto Protocol for the reduction of greenhouse gases took effect for 141 ratifying nations.

TODAY'S BIRTHDAYS: Henry M. Leland (1843-1932), Cadillac and Lincoln Motor Co. founder; Edgar Bergen (1903-1978), ventriloquist; Vera-Ellen (1921-1981), actress/dancer; Sonny Bono (1935-1998), singer/politician; Richard Ford (1944-), author; LeVar Burton (1957-), actor; Ice-T (1958-), actor/rapper; John McEnroe (1959-), tennis player; Christopher Eccleston (1964-), actor; Jerome Bettis (1972-), football player; Mahershala Ali (1974-), actor; Elizabeth Olsen (1989-), actress; The Weeknd (1990-), singer-songwriter.

TODAY'S FACT: Hundreds of millions of 911 emergency calls are made in the United States each year. The Federal Communications Commission estimates that 80% are wireless calls.

TODAY'S SPORTS: In 2005, the National Hockey League canceled its 2004-2005 regular season and playoffs due to a labor dispute.

TODAY'S QUOTE: "What I think I learned from working on 'Moonlight' is you see what happens when you persecute people. They fold into themselves." - Mahershala Ali

TODAY'S NUMBER: 30 - broadcast radio stations in the United States in 1922. Today there are more than 15,000.

TODAY'S MOON: Full moon (Feb. 16).

Diet sodas are not good choice for hydration



ASK THE DOCTORS

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

Hello, again dear readers, and welcome back to the letters column. We hope that 2022 is treating you well thus far, and that the post-holidays reentry to "normal" life has been painless. You've kept our inboxes busy with questions and comments, so let's

get down to work.

- In response to a column about dehydration in older adults, a reader had a question about diet soda. "You said that diet sodas weren't a good choice for staying hydrated, but you didn't say why," she wrote. "I drink one diet cola per day, on average. Why would that affect hydration, since I also drink coffee, herbal teas and water?" The caution about diet sodas is based on the growing body of evidence that links them to certain adverse health effects. These include poor blood sugar control, increased risk of heart disease and disruption of the gut microbiome. With that in mind, even casual drinkers might consider cutting back or switching to fizzy water instead.

- A reader from Virginia Beach, Virginia, also had a hydration question. "We regularly read that we should drink at least eight glasses of water a day. Do other drinks count toward that total if they contain water, like soft drinks, iced

tea, coffee and fruit juices?" The answer is yes, all beverages add to your daily fluid intake. It's important to remain aware of the sugar in soft drinks and fruit juices, and sweeteners you may add to coffee and tea. While the "eight glasses" rule is easy to remember, individual needs do vary. Urine that is pale yellow or colorless is a good sign that you're adequately hydrated.

- We heard from a reader in California who asked for clarity regarding the advice to take medication with food. "Although you explained why we must take some meds with food, you never explained how," he wrote. "Do we take meds halfway through the meal, after the meal, before eating?" It's a great question, and the answer depends on the medication involved. In the majority of cases, the idea is to eat something immediately before you take the medication. That's so you're not taking meds on an empty stomach. Food aids in absorption and helps

prevent stomach irritation. However, liquid preparations, such as those used to treat oral thrush or mouth ulcers, should be used after eating or drinking. That's so they don't get washed away. It's also important to be aware of potential food-drug interactions. This includes calcium-rich foods and many antibiotics; pickled, cured and fermented foods when taking certain antidepressants; and grapefruit and its juice and statins. This is by no means a complete list. Whenever you get a prescription filled, it's a good idea to ask the pharmacist for specific instructions on how to take the medication, and for information about potential interactions with foods, supplements and other medications.

Thank you, as always, for taking the time to write to us. We love hearing from you. Remember to keep up your coronavirus precautions, and please, if you haven't yet, do get the vaccine.

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NEA Crossword Puzzle

Your Birthday

WEDNESDAY, FEBRUARY 16, 2022

around the house, and you'll feel more at home and relaxed. Decluttering your space will help you sort through what you can donate or sell. Keep the necessities handy to ease stress.

LEO (July 23-Aug. 22) - Don't take a gamble. Stick to what you are familiar with and avoid uncertainty. Don't feel the need to step into the spotlight unless you are prepared to take on more responsibility.

VIRGO (Aug. 23-Sept. 22) - Do whatever it takes to implement change. Shift into high gear and seek out those you know you can count on to do a good job. An unusual suggestion will help you reach your goal.

LIBRA (Sept. 23-Oct. 23) - Put an end to a situation that isn't healthy or in your best interest. Question what you are doing and what you want to do next. Don't take your eyes off the prize.

SCORPIO (Oct. 24-Nov. 22) - Be open to other people's opinions, but don't give up your beliefs. Take what you hear, learn and experience, and formulate a unique plan. Once you pick a path, others will follow.

SAGITTARIUS (Nov. 23-Dec. 21) - Be careful who you trust and believe. Verify facts and be willing to do the work yourself to avoid unnecessary expenses and putting yourself in a vulnerable position. Use your intellect.

CAPRICORN (Dec. 22-Jan. 19) - Take on whatever comes your way with enthusiasm. Don't wait for others to act; be the first to strike, and make your position clear to anyone who wants to mess with your plans. Follow your heart.

Stay on target. Focus on what you want to achieve. Express your desires and explore your options. Take the initiative and change whatever isn't working for you. Put your heart, soul and intelligence into getting what you want. It's up to you to strive for peace and happiness. Live life your way.

AQUARIUS (Jan. 20-Feb. 19) - Nurture relationships. Recognize what others want and need from you, and it will be easier to get what you want in return. Don't feel pressured to agree with everything others say.

PISCES (Feb. 20-March 20) - Come up with a plan and follow through. Strive to outdo any competitor. You don't have to change anything; be yourself and do your best. Romance is encouraged.

ARIES (March 21-April 19) - Focus on what must get done. Don't let others' changes or uncertainty upset you or cause you to second-guess what you are doing. Stick to your game plan and make the most of your day. Remain calm.

TAURUS (April 20-May 20) - Do as you please, even if you face opposition. Satisfy your needs, and you'll feel empowered. An unusual connection with someone will surface if you take the road less traveled. Listen and learn.

GEMINI (May 21-June 20) - Take a step back if someone interferes. Reset your plans and start over. Control your emotions and put on a happy face, regardless of what others do. Set your sights on your goal and go for it.

CANCER (June 21-July 22) - Tidy up

Answer to Previous Puzzle

F	I	B	S		E	D	N	A		A	D	E	
O	R	A	L		M	O	O	N		L	E	A	
L	O	D	E		C	O	N	S	I	D	E	R	
K	N	E	E	L	E	R		W	R	A	P	S	
			V	I	E		S	E	E				
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N	O	D		N	O	R	A		E	R	I	K	
Y	D	S		G	A	U	L		R	E	N	E	

- ACROSS**
- 1 Tainted
 - 4 Army off.
 - 7 Sonnet
 - 11 The — of Aquarius
 - 12 Muck or slime
 - 14 Experienced
 - 15 Polish
 - 16 Show violent anger
 - 17 Cheery tune
 - 18 Brightly colored fish
 - 20 Burger extra
 - 22 Elec. unit
 - 23 — Lobos of pop music
 - 24 Rats (on)
 - 27 Endured
 - 30 Knighted Guinness
 - 31 "You bet!"
 - 32 Seize suddenly
 - 34 Take advantage of
 - 35 Rozelle or Sampras
 - 36 Shower liner
- DOWN**
- 1 Sharp projection
 - 2 Winter woe
 - 3 Something owed
 - 4 Vamooses
 - 5 Take hold of
 - 37 Sporty sock
 - 39 Began again
 - 40 Pup's plaint
 - 41 Panel truck
 - 42 Cell parts
 - 45 Bug
 - 49 The younger Guthrie
 - 50 Wearing boots
 - 52 Canine warning
 - 53 Burns and Allen
 - 54 Hawaiian port
 - 55 Region of India
 - 56 Shampoo additive
 - 57 Ms. Shriver of tennis
 - 58 CIA operative

- 6 Harbor vessel
- 7 Least tanned
- 8 Tony's relative
- 9 Pipe fittings
- 10 Distribute
- 13 State firmly
- 19 Bath powder
- 21 Vacuum part
- 24 Letter after sigma
- 25 Actress — Martinelli
- 26 Sly glance
- 27 Relative of a zither
- 28 Oklahoma town
- 29 Painter Salvador —
- 31 Not generous
- 33 Double or twin
- 35 Fiery heap
- 36 Perfect scores
- 38 In abundance
- 39 Accidental
- 41 Small pansy
- 42 Valley of grapes
- 43 Eurasian mountains
- 44 Ad award
- 46 Souffle ingredients
- 47 Field's yield
- 48 Salver
- 51 Cool

1	2	3		4	5	6		7	8	9	10	
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49						50	51			52		
53						54				55		
56						57				58		

WEDNESDAY, FEBRUARY 16, 2022

The abnormal may be successful

By Phillip Alder

Books for bridge beginners contain an opening-lead table. This includes "top of touching honors." However, on rare occasions it is better to make an unorthodox opening salvo. Today's deal features a lead that is well known in expert circles, where going against the advice of scribes isn't as frowned upon as it is at less lofty levels. What should West have led against four spades?

North's four hearts was a splinter bid, showing a raise to four spades with at most one heart. Although the Losing Trick Count approved, it was a slight overstatement, especially with no diamond honors.

West led the textbook heart three. East won with the ace and safely returned the suit.

Declarer ruffed on the board and immediately played a diamond: 10, ace, six. After a trump to the ace, another diamond lead saw the queen appear from East. South let East win the trick so that West couldn't get on lead for a club shift. East cashed the club ace to stop an overtrick.

"Sorry, partner," said West. "I should have led the heart king. Then I could have switched to a club at trick two."

If you are short of entries, often it is a good idea to lead an unsupported high honor in your partnership's suit. You

North		02-17-22	
♠	A J 7 6 4		
♥	8		
♦	9 8 5 4 2		
♣	K J		
West		East	
♠	5	♠ 10	
♥	K 9 6 3	♥ A Q 7 5 4 2	
♦	J 7 6	♦ Q 10	
♣	9 7 5 3 2	♣ A Q 10 8	
South			
♠	K Q 9 8 3 2		
♥	J 10		
♦	A K 3		
♣	6 4		
Dealer: East			
Vulnerable: East-West			
South	West	North	East
			1♥
1♠	2♥	4♥	Pass
4♠	Pass	Pass	Pass
Opening lead: ??			

may be able to make the lethal shift at trick two.

Finally, note that if South had cashed the spade king before crossing to the spade ace, East could have discarded his diamond queen, apparently gaining an entry for West. However, then declarer could have cashed his high diamonds before exiting with a club to endplay East and lose only one heart and two clubs.

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.

“ONAV CVNCRV TVS IUMY OSPWFUHT
XISUDUMUXR UHSVRRUTVHMV. AV,
U AXEV ANHVF OSPWFUHT HXSPIXR
OSPCUWUSF.” — MXIR UMYH

Previous Solution: “You tried your best and you failed miserably. The lesson is: Never try.” — Homer Simpson (Matt Groening)

TODAY'S CLUE: F equals D

REALITY CHECK



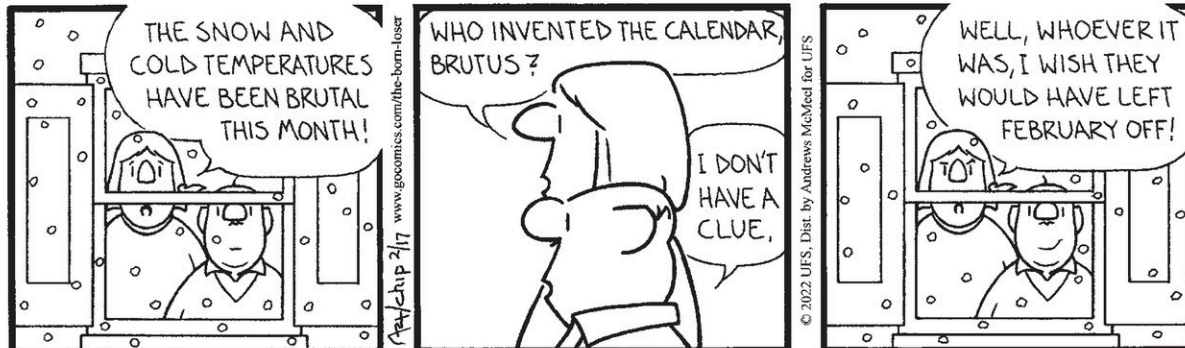
ALLEY OOP



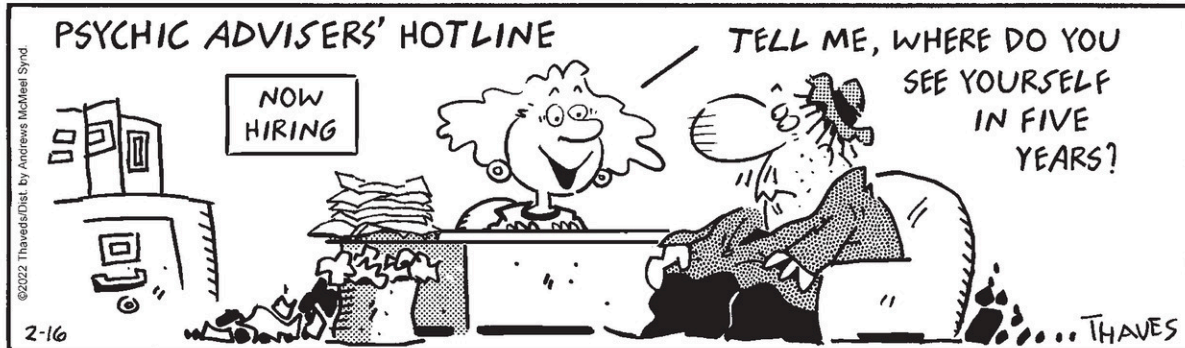
ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



THATABABY



HERMAN



“I dunno why you love nature after what it did to you.”

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CJMQ 88.9 FM is looking for a Radio Bingo Project Manager. The person must have the following **qualifications:** Secondary 5 diploma; must have a vehicle and a valid driver's license; a good understanding of administration; a good knowledge of Word and Excel; accounting knowledge an asset; honest, reliable, good social and organizational skills; must have time management skills; good communication and interpersonal skills; must be bilingual. **Job Description:** Create a point of sale for distribution of Bingo cards; develop a Bingo game concept, as well as, the day and time of airing Bingo; assure the visibility and promotion of the project; assure contact with different suppliers; establish the game modalities and associated costs, establish and provide accounting and submit permit request to the Regie; provide documentation and follow up on the project. Full Time 35 hours a week. Salary: \$20/h. The interviews will be conducted by Zoom for the selected candidates. Send your CV to dteasdale77@yahoo.ca or by mail to CJMQ, 3355 rue College, Sherbrooke QC J1M 0B8. The deadline to submit your application is February 18, 2022.

THE RECORD

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Masks must be worn.

For pictures, please go to: mastereditionsantiques.com

Master Editions Antiques
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SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

2	8		3			1		
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		9		2				
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2/16

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PREVIOUS SOLUTION

4	9	6	3	1	2	5	7	8
5	8	3	9	7	4	6	2	1
1	2	7	8	5	6	3	9	4
9	7	4	2	6	8	1	3	5
2	1	5	7	4	3	9	8	6
6	3	8	1	9	5	2	4	7
8	5	9	6	3	7	4	1	2
3	4	2	5	8	1	7	6	9
7	6	1	4	2	9	8	5	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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Gracefully declining saying Grace

Dear Annie

WEDNESDAY, FEBRUARY 16, 2022

Dear Annie: This has been bothering me for several years. I am 75 years old. I grew up saying the Pledge of Allegiance and the Lord's Prayer and singing "The Star-Spangled Banner" every morning in elementary school. Those days are gone. I was slow to accept that the pledge and prayer might offend, but I've come around.

Now, I find that I dislike being forced to bow my head, when I'm out at a restaurant with friends or at their homes for dinner, before meals whenever someone at the table announces, "Let's hold hands and bless this food!" Of course, no one objects, but I've wanted to speak up on many occasions. I know I would be judged as an atheist, which I'm not. I often will hold hands and look around to see who else is peeking.

I feel it is out of place for anyone to force prayer on others unless it is in their own home.

I soon will have a large group at my home for a dinner meeting. I know someone will do the "join hands" bit. I want to say: "My home; my choice. Let's eat!" I'm fine with the criticism I know I'll get (mostly behind my back), but I feel strongly I should not be forced to publicly pray in my own home. – Old Codger

Dear Old Codger: No, no one has the right to force you into saying grace, at home or anywhere else. But you don't have the right to force anyone not to say it, either. The next time that you find yourself in this situation, I suggest sitting silently and taking a few deep breaths. In this fast-paced world, we could all benefit from such pauses.

Dear Annie: As soon as you can, please inform people that if they know of someone who snores to be tested for sleep apnea. It may save a life. – Joe P.

Dear Joe: I am happy to put the word out. According to the American Sleep Apnea Association, symptoms of sleep apnea can include heavy snoring, excessive daytime fatigue, difficulty with concentration or

memory and waking during the night feeling short of breath. Left untreated, it can increase one's risk for stroke, heart disease, high blood pressure, diabetes and other serious conditions. Treating sleep apnea can drastically improve one's quality of life. Visit <https://www.sleepapnea.org> for more information.

Dear Annie: I have an idea for "Ears Burning." I, too, have a friend who has "rallied the troops" in the form of mutual friends to his side when we have had a disagreement. I understand the need to gain perspective from others when I have had a fight with a friend. Sometimes, another person serving as a sounding board helps give me a reality check and opens my eyes to my role in the disagreement. What I resented was that he was asking our mutual friends. So, I asked him as nicely as I could to please seek advice from people outside of our circle, and that seemed to have worked. Just a thought! – Jeff

Dear Jeff: Kudos for your directness, and for showing empathy, understanding and maturity. Hopefully, your friend takes a page from your book.

Dear Annie: My brother recently told me that my sister-in-law (his wife) was anxious about an upcoming family lunch we'd both be at because she thought I was mad at her. The reason? I'd responded to one of her texts with "Thanks," followed by a period. She thought because I didn't use an exclamation point or emoji, I was being passive-aggressive. We cleared it up and are fine now (though it still bothers me a little bit that she went straight to assuming the worst).

At work, I've also noticed this trend toward exclamation points being the norm. A young woman started a few months ago. She is very sweet and upbeat – but in every email she sends, she uses about five exclamation points. Sometimes she ends a sentence with two or three of them.

It seems to be contagious because I've noticed exclamation points working their way into other co-workers' emails with greater frequency. I am hoping by sticking to my guns and only using periods *

and commas, I can prevent an all-out exclamation invasion.

What do you think? Are exclamation points overused these days, or am I being a grumpy old lady? – Punctuation Problems

Dear Punctuation Problems: Exclamation points have become commonplace, and that's not necessarily a bad thing. For all the convenience of emails and texts, there is one major drawback: They lack tone. This is the problem that emojis and exclamation points seek to solve. I think they're successful in that.

Still, I commend you for your de-exclamation efforts. They shouldn't be compulsory. If people take your punctuation as a personal offense, then they've got too much time on their hands.

Dear Annie: Can you help me come up with a socially acceptable but not obscene hand gesture that says "put your cellphone down and pay attention to your driving"?

Maybe it could be the generally accepted sign for "phone," with the thumb pointing toward the ear, the little finger toward the mouth and the three other fingers bent under. – Worried Driver in Lafayette, Indiana

Dear Worried: Actually, that's the generally accepted sign for "call me," and some distracted drivers might be confused and think you are asking for their phone number. Most places have laws prohibiting the use of hand-held cellphones while driving, but enforcement is inconsistent, so people feel free to ignore them. But talking on the phone can be a major distraction, and we won't even get into people who text while driving, which is truly alarming and highly dangerous. If any of our readers have some good ideas to convey your message about putting the phones away, we'll be happy to print them.

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

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RICHMOND
425, 10e Avenue
Richmond QC J0B 2H0
rh@exo-s.com

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