

\$1.00 + TAXES

PM#0040007682

TUESDAY, MARCH 16, 2021

Quebec drops below 600 new cases of COVID-19

Record Staff

Quebec reported 594 new cases of COVID-19 yesterday, bringing the total number of people infected since the beginning of the pandemic to 298,186.

Ten new deaths were reported yesterday, for a total of 10,550.

Hospitalizations in the province increased by six yesterday, for a total of 553.

There are 96 people in intensive care, down four from the day before.

In the Estrie region seven new cases of COVID-19 were reported, although one case from the Memphremagog area was removed from the list, bringing the local total to 11,796.

The number of COVID-19 variants remained stable at 343. The number of presumptive cases is currently 2,245.

A total of 744,108 vaccines have been administered in the province so far, with 26,595 given in the last day.

The vaccination campaign was underway for the general population officially yesterday in Estrie, although appointments were available as early as March 10 in Sherbrooke.

"I don't know where I'd be without Meals on Wheels"



COURTESY SYLVIE FOWLIS

By Gordon Lambie

It has been a big and complicated year for the Meals on Wheels program run by Lennoxville and District Community Aid.

"From the first day we had to reevaluate," reflected Executive Director Sylvie Gilbert Fowlis, thinking

back to the changes that the COVID-19 pandemic brought with it a year ago. Although the local program, which serves Lennoxville, North Hatley, and Waterville, has been in operation for years, the lockdown in the spring of 2020 turned it on its head by simultaneously increasing demand for meals, keeping a large part of

the established volunteer team at home, and imposing new restrictions and limitations on the way that the program could operate.

Faced with that challenging set of complications all at once, Fowlis said that she is deeply grateful to a new and enthusiastic team of volunteers who

CONT'D ON PAGE 3

THE RECORD

Already a print subscriber? Get the E-Edition free! Contact: 819-569-9528 billing@sherbrookerecord.com

The Record's E-Edition allows you to read the full edition of the paper without leaving your home 24/7. The best way to stay abreast of local news.

To subscribe, go to www.sherbrookerecord.com. Click on E-Edition and follow the simple instructions. And then start enjoy The Record for as little as \$9.78 plus tx per month.



View issues of The Record, Brome County News, Townships Outlet and our special sections with just a click of the mouse!

The Record e-edition

There for you
24-hours-a-day
7-days-a-week.
Wherever you are.

Access the full edition of the Sherbrooke Record as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00

Record subscription rates
(includes Quebec taxes)

For print subscription rates,
please call 819-569-9528
or email us at
billing@sherbrookecord.com

12 month web only: \$125.00
1 month web only: \$11.25

Web subscribers have access to the daily Record as well as archives and special editions.

- 1. Visit the Record website: www.sherbrookecord.com
- 2. Click e-edition.
- 3. Complete the form and wait for an email activating your online subscription.

Weather



TODAY:
MAINLY SUNNY

HIGH OF 0
LOW OF -10



WEDNESDAY:
SUNNY

HIGH OF 9
LOW OF -6



THURSDAY:
SUNNY

HIGH OF 9
LOW OF -12



FRIDAY:
SUNNY

HIGH OF 0
LOW OF -12



SATURDAY:
SUNNY

HIGH OF 10
LOW OF -7

The one about the vaccine



DISHPAN HANDS

SHEILA QUINN

On Friday, March 6th, I was running errands with my boys. We were in the car when the phone rang. Since I don't use my cell while driving, I pulled over to check the voicemail.

What I heard was a surprise. Since my eldest son, who has severe Autism, turned eighteen, I qualified for a wage subsidy, as his care makes full-time work pretty well impossible to maintain. I tried - for fourteen years I scrambled and plummeted and was outrageously hard on myself for not being able to keep up.

This subsidy also puts me in a category of government employee, and caregiver for my son (I qualified for 18 hours a week - a rigorous calculation was required to arrive at that figure, clocking how long bath-time, toileting, dinner, among all of the other duties of his care require more intense presence than one would with your neuro-typical eighteen year-old).

The phone call was to notify me that as I found myself in this category, I qualified for a COVID-19 vaccine.

I was stunned. I told my youngest what was happening. He was as surprised as I was, and wondered aloud when they (he and his brother) would qualify. I felt an unexpected sense of grief. While as with many people I had some questions and misgivings regarding the vaccine, I knew that I would err on the side of science, and would definitely be vaccinated, yet I felt awful that my boys wouldn't be going with me.

I told myself that as the main caregiver for both of them, I would shift my perspective towards the complicated list of priorities regarding determining who is vaccinated, and in what order, and that the news that more vaccines were on the horizon meant that they would follow suit soon.

I thought about people whom I thought should have featured high in the list of essential workers - of course prioritizing the medical community made sense, yet I wondered about grocery store workers, the very few people responsible for our drinking water/waterworks (who also

potentially expose themselves to the virus via plumbing and other water systems), and the many other numbers we don't think to count as essential.

On Thursday I wrapped up a great work day. I spent the day outside - the weather was beautiful. When the day was wrapped up and all was sorted, I carted things to my car and my office. I sat down with my colleague, Melanie, to unwind a bit and to talk about what a great day it had been.

I was tired from a big day, but had a few hours to kill prior to my appointment at the Centre des Foires. I decided to prowl around Village des Valeurs for a bit, just around the corner.

As I looked through the racks, I could feel a sense of nervousness. I imagine any time in history that people have had to explore a new medical intervention, be it a vaccine or otherwise, there has been a similar contemplation. I had been joking throughout the week, calling it my Bot Shot, a dig at some of the nanobot conspiracy theories. It was a way of taking the edge off of the unknown.

Doubt is a healthy thing - there have definitely been moments in history where the powers that be have covered up truth, told only a portion of the truth, and in some cases all-out lied. So of course doubt is there. I decided though that I wasn't going down that path. I was going down the path that other family members have, in the last few months.

I went through the cash at Village des Valeurs - I had found myself a nice, light vintage suede jacket for spring. I knew that I would remember buying it 'the day of'.

There was a gorgeous sunset as I lined up with others in queue outside of the Centre des Foires - we were told to arrive only five minutes early, and it wasn't long before we moved inside, snaking along from one giant sticker on the ground to the next, six feet further. Such a strange feeling in the air, as darkness fell outside. I looked up at the closed concession stands, lamenting that this was my first visit to this interesting venue. No one really talked or looked at one another. The vibe felt the same somehow - the hanging feeling of the unknown, perhaps.

Before I knew it I was at the door, and I was on the list. I was directed to walk down to the last row, and waited my turn for the first step of registration, confirming my identity and answering a few basic health questions. I realized I had forgotten to wear a t-shirt under my school sweatshirt, but luckily the sleeve pulled up all of the way, or down from the neck over my shoulder.

There were four kiosks in my section; I imagine the other eight were the same.

The nurse who was ready first beckoned me over after wiping down the chair after the person before me departed. I sat down, and she asked for my Medicare card again, asked another few questions and that was it, it was time. She laughed when I explained my rookie mistake with my top, but the neckline slid down over my shoulder easily. She told me to take a deep breath.

And then it was done. We laughed when she looked for the spot where the needle had gone in to put a small bandaid over the mark - it blended in with my copious amount of freckles. A tiny bead of blood appeared and she covered it. I was given my appointment for the second dose - July 1st. I wondered about the studies and the length of time between doses. It seemed like a long way off.

In the other half of the large convention hall (something like the size of a large gymnasium) plain plastic chairs were spaced apart. They were almost all full. A gentleman was swiftly wiping them down and directing us to our seats. We had fifteen minutes to sit, in order to ensure that we didn't have an adverse reaction to the vaccine.

I sat down at 6:15. I read the giant sign explaining the benefits of the vaccine, on the far wall facing us. I was in the very back right corner of the seats - with a view on absolutely everyone else who was there with me. Some scrolled on their phones - a pair of friends who had arrived together greeted one another post-vaccination and left together. The hands met at 6:30 and it was time to leave. I walked through the crowd, and out with several other people who had the same waiting period as I had. The feeling in that quicker queue was completely different. It was done. We got into our cars and left.

On Friday my upper arm was a bit puffy and sore, as with any other vaccination I've had. I felt a tiny bit achy, but the big, physical day the day before would have resulted in that anyway, so it was hard to say what was the vaccine and what was my busy day.

Two days shy of when I had my last day of work as a hairstylist last year (just two months after receiving my diploma for my hairstylist studies), as so much in my life changed as the world changed, on the official day of mourning for those who had lost their lives to COVID-19, I was vaccinated against the virus that had turned the entire world upside-down.

What a difference a year makes. At a time when it can feel strange to look forward, as we strain to see through a kind of fog a lot of the time, at least we forge ahead together. There's no going back.

Ben by Daniel Shelton



Local News

Currently, museums, cinemas and other attractions are not allowed to serve food so Uplands is still unsure whether they will be able to offer their high-tea experience.

Uplands hopes the “stars align this summer”

By Marianne Lassonde
Special to The Record

This time last year, Uplands Cultural and Heritage Centre had to shut its doors to the public for an indeterminate period of time, consequently causing a shortage in employees. Without its regular summer staff, the popular Lennoxville tourist attraction was stripped down to an outdoor garden and a picnicking hotspot.

This year, however, Uplands is choosing to remain hopeful that it will be able to reopen normally, or under a “new normal.”

According to Nancy Robert, director at Uplands, last year’s uncertainty regarding the pandemic left the small museum with too many to challenges to overcome in too little time. Part of these challenges started as soon as the hiring period.

According to Robert, Uplands is highly dependent on summer students and starts its hiring period in early April for its June opening. This would normally allow for the interviews to coincide with Bishop’s University’s end of the winter semester and for Uplands to ensure proper training.

“It takes a good two to three weeks to train everybody,” explained Robert.

However, with the Legault government only reopening museums in June, Uplands training schedule would have made for a late opening and a smaller pool of applicants while still keeping their end of August closure.

Robert added the building was also too small to ensure the two-meter social distancing directive, most notably between coworkers, who “bump into each other” during normal times.

“It is an old house with a tiny kitchen,” laughed Robert. “We are not a restaurant so we are not really equipped to make sure everything was going to be done properly.”

Instead, Uplands decided to keep its doors closed while still allowing people to frequent the garden, dine on the terrace and look at the outdoor exhibit, which was developed this year.

“We are hoping all the stars will align for this summer,” admitted Robert, who anticipates the flow of vaccinations will allow for looser government restrictions.

Unlike last year, however, Uplands believes they are ready in the case these restrictions do not lessen.

Robert said the past year certainly made Uplands rethink how they would navigate the ongoing pandemic. Most notably, they will only be accepting reservations, have set service times



RECORD ARCHIVES/KATHRYNE OWEN

for their beloved high tea experience and anticipate a maximum capacity of about 20 people – this on top of the regular health guidelines.

“We are planning to reopen,” said Robert. “But it still all depends on the government allowing us to do so.”

Currently, museums, cinemas and other attractions are not allowed to serve food so Uplands is still unsure whether they will be able to offer their high-tea experience. Though, Robert

remains confident a properly trained staff of two would be able to cook for and serve 20 people while respecting public health guidelines.

Still, that requires a pool of hires that is located in the Townships and willing to work in tight quarters.

“Right now, it is really hard to know for sure if there will be enough students around,” said Robert, though she knows this is a reality for a lot of business looking to hire part-time.

Meals on Wheels

CONT'D FROM PAGE 1

helped keep the program alive.

“The Prime Minister said look to your community, and they did,” the executive director said, explaining that the newcomers were a mix of recent retirees, students, people newly working from home, and teachers, particularly from the English school system, all of whom found themselves with more time on their hands during prime volunteering hours as a result of the shutdown. “The positive response was such an encouraging one,” she added. “We thought we’d be short, but instead we were very lucky.”

Although she said that it varies depending on the area, Fowles shared that for some of Community Aid’s meals on wheels services, demand went up by as much as 18 per cent; a significant change for an operation dependent on volunteers. In Lennoxville two new routes were added to account for the need.

“More people signed up for meals, and we made a lot of extra frozen meals to make up for the days we don’t deliver,” she said, pointing out that with people over the age of 65 being told that it could be deadly for them to leave their home, it suddenly became a lot more desirable to have meals delivered.

Margaret Cheal of North Hatley has been receiving Meals on Wheels for a number of years, but before that she was involved with Community Aid on

a number of different levels.

“I went to go help in the kitchen for a few years,” she said, sharing that her fondness for the project goes beyond the ways it benefits her right now.

Having experienced the program before and after the coming of the pandemic, Cheal said that the differences have been very clear.

“It’s changed quite a bit. For one thing I haven’t left my property in a year,” she said, noting that previously she had still been in the habit of going to see “the girls working at the hall” from time to time.

In order to respect social distancing rules and keep those getting meals as safe as possible, drivers have been instructed to knock on the door and then leave the meal on the front step before backing off to a safe distance.

“The fun is to wave to them,” Cheal said. “Some people don’t realize those are the only people we see all week. Sometimes they’ll shout the latest news in town and you feel a part of the community again. It’s nice to see them twice a week.”

The former volunteer pointed out that while the drop-offs have been an important point of social contact over the pandemic year, they also offer an opportunity to ask for help if needed, particularly for those who might not have any family nearby or friends who can check in on them.

“They get you the help you need,”

she said. “Meals on Wheels plays a big part in seniors’ lives. I don’t know what I would do without them.”

Don Maxwell, of Lennoxville, said that he started volunteering just a few months before the start of the pandemic, driven by a desire to give back to and also connect with a community he had been living in for decades.

“Working at (Bishop’s College School) you get into a bubble,” he said, sharing that upon retiring he wanted to burst that bubble and do more for his neighbours.

Maxwell took on that mission by becoming a driver not just for Meals on Wheels but also for Community Aid’s lift program, which helped seniors reach appointments or get to the store. Unlike the meal program, the latter service is only getting back on its feet now, but in the meantime he said that dropping off the meals quickly proved its value as a touchstone for local seniors.

“When I deliver, I’ll knock on the door, retreat a little, and then we’ll have a little exchange of words,” Maxwell said, echoing Cheal’s words about the small exchange serving as a check-in but adding that even if someone doesn’t come to the door, that can still be important information to report back to Community Aid. “They can follow up with a call to make sure everything is okay,” he said.

Maxwell also made sure to laud the work of the kitchen crew preparing the meals.

“Those of us who deliver actually get to meet the clients, but the ones who get no thanks at all are the ones who prepare the meals,” he said, calling them a fantastic and dedicated team.

March 14 to 20 is Meals on Wheels week in Quebec, the annual time of recognition and awareness organized by the Regroupement des popotes roulantes, the parent agency for meals on wheels programs across Quebec. Asked about the current need for volunteers, Fowles said that Community Aid is essentially always recruiting.

“Our volunteer needs fluctuate,” the executive director said, pointing out that student volunteers are only present for part of the year, and many of those who were able to help out during lockdown times have since gone back to work. “Right now we’re doing okay, but we can always use extras.”

Meals on Wheels delivers in Lennoxville on Monday, Wednesdays, and Fridays; in North Hatley on Mondays and Wednesdays; and in Waterville on Tuesdays and Thursdays. For more information about Meals on Wheels and Community Aid’s other programs visit <https://communityaid.ca/> or call 819-821-4779.

Take control when you can



DIAN COHEN

A great many customs in our society are in the crosshairs of change. For example, industrial society's organization for work was to move people from rural farms (where we worked from home) to urban settings where workspace was separated from home – either you went to an office or a factory seven hours a day, five days a week, 50 weeks a year. At the end of about 40 years you got a retirement pension that in the old days you wouldn't out-live, since life expectancy was less than 63 years old.

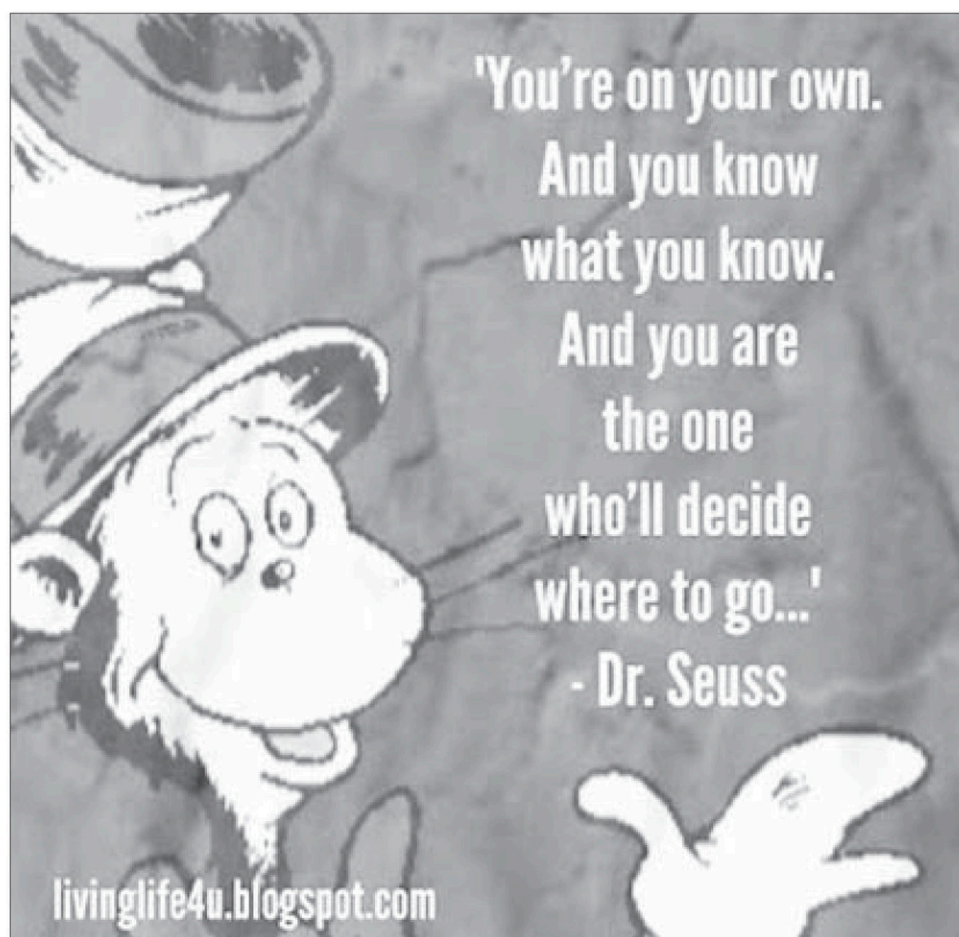
These customs have been evolving for decades, but COVID-19 has quite possibly kiboshed them all irreparably. The guaranteed retirement pension has been moving to oblivion since the 1980s – or more correctly, has shifted from employer to employee – you have to save for yourself if you ever want to stop working.

This is a huge topic and I will return to other aspects of it in other columns. How many people will return to offices? Will it be five days a week? Today I want to concentrate on another bit of tax planning – your control over three sources of retirement income – Old Age Security, Canada Pension Plan and Quebec Pension Plan. When you choose to take them will affect your income in retirement and the amount of taxes you pay. If you're under 65, consider these tax planning ideas – with each of them, taking them at the oldest possible age will enhance your income.

This is not a strategy for you if you need to live on your government benefits right away.

You can receive OAS even if you've never worked or if you're still working. You just have to be 65 years old or older, be a Canadian citizen or a legal resident at the time your OAS pension application is approved and have lived in Canada for at least 10 years since the age of 18. You can opt to take OAS anytime between age 65 and age 70.

Taking it later gives you 7.2 per cent/year more income. If you take it at 65, you'll get \$615.37/month right now. If you defer till age 70, you'll get \$836.90/month or \$10,042.83/year – that's a 36 per cent higher benefit! And it's indexed to the cost of living. Unlike QPP and CPP, which we discuss below, there's no option to take OAS early, such as at age 60. But you can defer



it up to five years in exchange for an enhanced benefit. Don't forget to apply for it – up to 11 months before you want it to start.

Almost all individuals who work in Canada contribute to either CPP or QPP or both. CPP applies to individuals who work in provinces and territories outside Quebec and QPP applies to individuals who work in Quebec. Your monthly CPP/QPP pension is based on how much you've contributed and how long you've been contributing at the time you start to receive benefits. The amount you receive is also affected by your age when you start receiving your retirement benefit.

The amount of your CPP/QPP pension is 25 per cent of pensionable earnings on which you contributed if you apply to receive your pension at age 65. This means that an individual with \$50,000 in constant pensionable earnings throughout their working life would receive a yearly benefit of approximately \$12,500 (\$50,000 x 25 per cent). You can take a reduced CPP/QPP pension as early as the month after your 60th birthday. If you wait until after age 65 to apply for your CPP/QPP,

your entitlement increases monthly until age 70. There is no benefit to waiting past age 70 to apply for your CPP/QPP. If you work beyond age 65, you can receive the pension and keep paying into it at the same time – the government will calculate how much more pension you'll get and notify you. You must apply to start receiving CPP/QPP benefits – apply according to the province you live in when you retire, or, if you're living outside Canada, to the last province in which you lived.

There's no clear-cut answer for deciding if and when to defer. It's good tax-planning for those who have the means to fund their lifestyle while they wait. Repeat: This is not a strategy for those who need to access their government benefits right away. Deferring any of these pensions by one to five years can help transfer the risk from your personal savings to the inflation-protected, paid-for-life government pension program.

Dian Cohen is an economist and a founding organizer of the Massawippi Valley Health Centre.

Cohendian560@gmail.com

Alexander Galt 2021 Easter Basket Campaign

Initiated in 2018, the AGRHS Easter basket campaign is now part of the local traditions. From the start, we have been fortunate enough to receive generous donations from our community.

This year again, your support will be essential in making this Easter a hopeful occasion for our less fortunate families.

The baskets will benefit families from Alexander Galt Regional High School sector (elementary and high school).

We hope we can continue to rely on your support, as it remains very important to the success of our Easter basket campaign.

**Please, make cheques payable to
(tax receipts for donations of 10\$ and over will be issued):
AGRHS Easter Basket Campaign and mail to:
AGRHS, P.O. Box 5002,
1700 rue College, Sherbrooke, QC J1M 1Z9**

Thank you for your generosity!



Thank you for saving moments,
funding breakthroughs and saving lives.



™ The heart and / icon on its own and the heart and / icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.

Sugar shack owners mull over options for sugaring season

By Michael Boriero - Local Journalism Initiative Reporter

Despite the Quebec government lifting restaurant restrictions in the Eastern Townships, Érablière Hilltop owner James Bond has no intention of opening his dining hall to the public.

Bond's sugar shack in Dunham was dealt a major blow last year when the province shut down due to the pandemic. Reservations were up 30 per cent compared to the previous year, he explained, but it all went downhill when he was forced to close up shop.

"Last year was a terrible year for the sugar shack, the restaurant part of it, we lost about \$60,000 just for that season," said Bond.

Although Quebec's latest directives have been a major relief for restaurateurs, it doesn't make sense for Bond to open his doors. According to the sugar shack owner, most of his customers come from the Montreal area, which is currently a red zone.

On top of being unable to attract customers because of travel restrictions, there is also a seating issue, Bond told The Record in a phone interview last week. His tables are long, family-style pieces, fitting between 12 to 16 people.

"We're not going to put the chainsaw into the table and try to make smaller ones," Bond said, adding that in a normal sugaring season he needs to sell roughly 5,000 meals in order to break even, which would be impossible if he reduced the capacity in his dining hall.

There also just aren't enough hands on deck at the moment. He needed to trim his staff after the provincial shut down. His team normally consists of

eight people in the kitchen, 10 servers and five maple syrup workers in the forest. The maple workers are all that's left.

"The only way to be alive next year is to not lose money this year," he said, explaining that the best thing for him to do at this time is keep his head down and focus on selling his syrup products.

Bond also decided not to sign up for the Ma cabane à la maison program, giving sugar shacks a chance to sell their food and maple products to customers without having to leave their homes. He was worried it would affect the overall quality of his products.

He also wouldn't necessarily benefit from the program, as orders go to the nearest locations. He'd lose his Montreal clientele. Another factor that drives his business is the atmosphere of sitting around a fire, eating maple syrup, and chatting alongside family and friends.

"My sugar shack is called a destination sugar shack," he said. "People drive mainly from Montreal, or long distance, to come just for a meal and spend some time [together]."

Bob Gingras, the owner of Érablière Gingras in Sainte-Catherine-de-Hatley, hasn't dealt with the same experience as Bond. He doesn't serve food in his establishment, so there was no loss of revenue on that front.

He focuses on maple products like candies, syrup and cones. And he sells directly to clients. Gingras added that there was a lot of interest in his business last year. But he remains cautiously optimistic, as it could have been a side effect from people shopping local.

"We saw an increase, but we need to be careful because there was a lot of publicity [last year] in the area and it



LISE LAROCHE

had a positive impact on us," Gingras said.

Unlike Érablière Hilltop, Erablière Au Bec Sucré in Valcourt opened its dining hall to the public on March 13. Marie-Claude Laverdière, the sugar shack's communications director, said they needed to cut their capacity by 50 per cent.

It has been a busy week preparing the dining hall for customers, she explained, as they needed to stock up on PPE and equip tables with plexiglass. The price of plexiglass has more than doubled, Laverdière added, but they want people to feel safe inside.

"I imagine a lot of sugar shacks won't reopen because there wasn't a lot of time," she said. "Also, it costs a lot to meet sanitary measures."

Au Bec Sucré is similar to Hilltop

in that it's a traditional destination sugar shack. Laverdière understands that opening could be a financial risk, but she's counting on people wanting to get out of the house and partake in activities on the farm.

In a normal season, they get about 13,000 customers; they reached roughly 1,000 last year before they were told to close on March 15. She does have some concerns about who they will attract, though, as a majority of customers come from Montreal and Ontario.

"The customers like to drive an hour, an hour and a half, they don't want to do 15 minutes, so the people in Valcourt, they'll probably drive somewhere down the road," said Laverdière. She hopes people from Sherbrooke will be interested.

Animal refuge seeks help from Sherbrooke residents

By Michael Boriero - Local Journalism Initiative Reporter

The founders of Refuge Le Château, a non-profit organization housing abandoned cats and other small animals, are seeking support from the Sherbrooke community as they continue to suffer losses due to the pandemic.

"We're open for donations, to receive animals, and for adoptions, but there's no revenue coming in," said co-founder and general manager Martin Provost.

The animal refuge, which opened seven years ago, normally stays afloat with a combination of donations and visitors grabbing a coffee and pastry at their coffee shop, Starcat Coffee, located at 103 King Street East.

However, the coffee shop, which features dozens of cats roaming, stretching and lounging in various nooks and crannies, has been closed since March 15, 2020. Provost has been forced to reach into his personal savings to ensure the survival of the refuge.

Alongside his partner and co-founder Nancy Goulet, Provost started a GoFundMe page, <https://www.gofundme.com/f/soutenons-le-refuge-le-chateau-pendant-la-crise>, to generate more donations for rent payments and, more importantly, visits to the veterinarian.

"We don't have any bank loans, luckily, but we still have to pay veterinary bills and we have other bills to pay, too," Provost said.

He told The Record that with roughly 200 animals in the refuge, a lot of money goes towards food, treatments, vaccines, check-ups and, occasionally, operations. According to Provost, Sherbrooke residents have been kind to them throughout the years.

"People are really generous, they bring food almost every day," he said.

Since he opened the non-profit organization, the refuge has received roughly 8,000 animals. It's about 50 to 100 animals every month, Provost explained. He puts in about 80 hours every week, feeding and caring for the animal.

Provost added that they don't only take in cats. In the back of the coffee shop, there is a miniature farm, with a small goat, pig, chickens, squirrels, turtles and lizards who were all abandoned by their previous owners.

He said it is difficult to drum up donations and interest in adopting pets at times, especially since there is hardly any signage on the building's exterior. But he needs to make a choice: food and treatments or putting up advertisements.

"We don't do publicity because if we make a sign for the animal refuge it costs \$2,000, so do we put \$2,000 in signage or do we put \$2,000 in treatments," Provost asked.

The other problem is also directly linked to the current pandemic situation. He is working with a skeleton crew right now. Provost said they are usually overflowing with volunteers. The plan is to slowly reopen in about three weeks, but he is scrambling to find people to help out.

The coffee shop needs at least four staff members, one to disinfect



MICHAEL BORIERO

anything people touch, one to serve coffee, one to run the guided tour through the refuge and another to supervise visitors. It has become increasingly difficult to find people, though, as COVID-19 remains a threat.

"There's about 15 volunteers working 3-4 hours every week, but since Covid, we always had older, retired people volunteering, but now they're nervous to come here," said Provost.

EDITORIAL

When that auspicious date came and passed with no apocalypse in sight—a non-event that came to be known as “The Great Disappointment”—the Millerites did not simply snap out of their collective delusion.

When the end of the world refuses to come

By Kyl Chhatwal

Two weeks ago, in this same column space, I wrote about how QAnon is essentially an apocalyptic cult, which takes its cues from the 2000-year-old Book of Revelation, describing the Christian apocalypse.

The insurrection of Jan. 6, it is becoming increasingly clear, was understood by QAnon devotees as the initial salvo in a mythic battle between the forces of good and evil, modelled after the Battle of Armageddon, the big showdown of the final chapters of Revelation.

At Armageddon, Christ and Satan are meant to square off—the villain as a seven-headed dragon, and the hero as a rider on a white horse, with his cloak stained in blood and a sword coming out of his mouth.

In QAnon mythology, the hero was supposed to be Trump himself (their Messiah, believe it or not). And the villains? Well, those were all the shadowy leaders of the pedophilic, satan-worshipping cabal that devotees are quite certain pull the real levers of power in this world.

QAnon’s Armageddon—an event known as “The Storm”—was supposed to happen on or before Jan. 20. When that day passed, when Joe Biden was inaugurated president, and no “Storm” appeared on the horizon, many QAnoners were stunned.

Journalists closely monitoring the movement noted a schism forming online. There were those who expressed a profound bodily pain—a deep-seated and sickening nausea—at the realization that their pseudo-religion had turned out to be a big lie.

These QAnoners, a small minority, were at least able to recognize when they had been duped. The majority were not able to accept the evidence showing that their great, Trumpian apocalypse would never come to pass.

Instead, they did what scholars of cults will tell you often happens

in such moments, when the faith is sorely tested. In real-time, the QAnon mythology began to evolve, twisting and contorting to accommodate its failed prediction.

Richard Amesbury, a Professor of Religion at Arizona State University, argued recently in an article on QAnon that “apocalyptic movements rarely simply dissolve when prophecies are seen to fail.” In fact, the failure of early prophecies can even strengthen the bonds between cult members, as they devote themselves to the pressing task of retooling and rebuilding their faith.

This phenomenon is amply demonstrated, argues Amesbury, by a 19th century apocalyptic movement called “The Millerites,” which proposed all sorts of possible dates for the end of the world—most famously, Oct. 22, 1844.

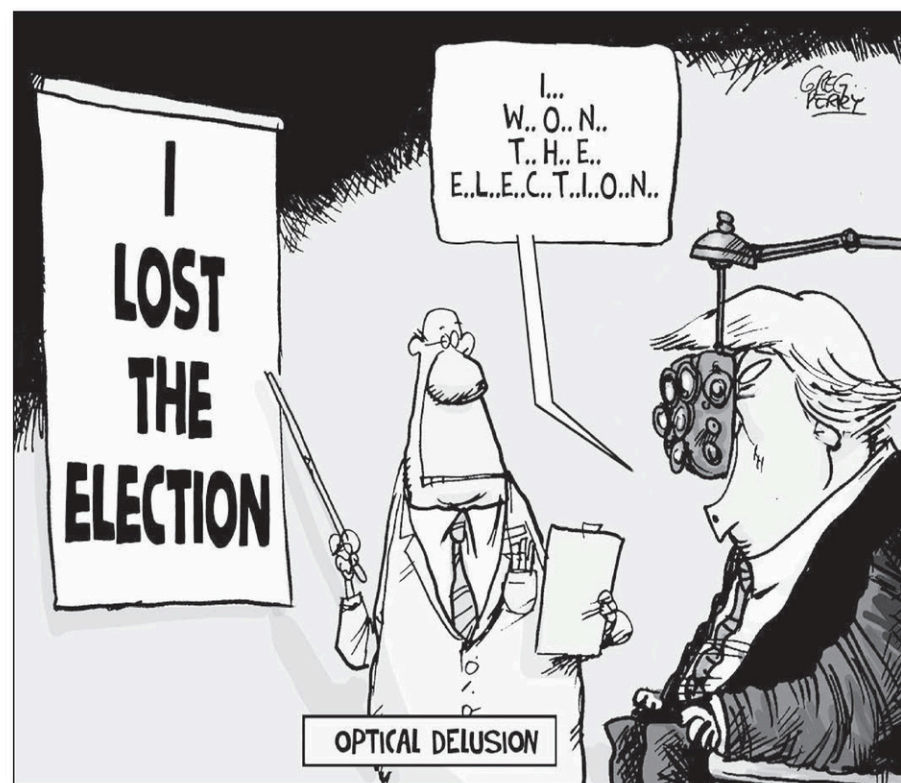
When that auspicious date came and passed with no apocalypse in sight—a non-event that came to be known as “The Great Disappointment”—the Millerites did not simply snap out of their collective delusion.

Rather, they decided that they had simply misunderstood the meaning of their prophecies, and that the error was in their calculations, rather than the heavenly signs.

Such excuse-making has been rampant in QAnon chatrooms, since their own Great Disappointment on Jan. 20. Indeed, one amendment to the prophesy claimed that the Storm would actually come on March 4, because that was the date when presidential inaugurations used to happen, prior to 1933.

When March 4 came and went, again with no Storm, the QAnon faithful twisted themselves into veritable pretzels, explaining away yet another failed prediction.

Their most arresting justification so far has been that (and I’m not making this up) the Storm didn’t



happen because Trump has not actually relinquished the presidency. Instead, he has had his face surgically altered in order to look like Joe Biden, a little like how John Travolta morphs into Nicolas Cage in that cheesy 90s movie, “Faceoff.”

Ever notice how Biden is constantly wearing a mask? Well, that has nothing to do with the pandemic. He wears the mask because the surgery was botched around the mouth—and Trump (disguised as Biden of course) doesn’t want us to know the truth, until the actual Storm is nigh.

It all makes sense!

It is easy to poke fun at QAnon—as

I am doing here—but the psychology behind these apocalyptic cults reveals a tender vulnerability we all share, as we struggle and often fail to find meaning in a bewildering world.

I had originally wanted this week’s article to be about other divine interpretations of Trump—not by QAnon, but Evangelical Christians, his other group of die-hard supporters. But the story of QAnon continues to get more interesting by the day, and I couldn’t resist this little update.

Kyl Chhatwal teaches a course on apocalypses at Champlain College in Lennoxville.

Letters

Suffer little children....”

It is astounding that a nation with an expanding multi-trillion-dollar economy cannot deal with a few thousand abandoned children.

Survivors will probably be social misfits or militant dissidents. They will have a story to tell. The cost to America will be much more than it would have been to do the right thing now.

ERIC LANCASTER
SHERBROOKE

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.

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2
FAX: 819-821-3179
E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
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
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

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

PRINT SUBSCRIPTIONS

For print subscription rates, please call 819-569-9528 or email us at billing@sherbrookerecord.com

ON-LINE SUBSCRIPTIONS

QUEBEC:	1 YEAR	108.72	5.44	10.85	\$125.00
	1 MONTH	9.78	0.49	0.98	\$11.25

Rates for out of Quebec and for other services available on request.
The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.
PM#0040007682

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

Member

ABC, CARD, CNA, QCNA

Canadiens defenceman Ben Chiarot out with fractured hand

The Canadian Press

Montreal Canadiens defenceman Ben Chiarot could be out for the rest of the regular season after undergoing surgery on his fractured hand.

The team says he had surgery to repair the injury at Montreal General Hospital on Monday, and is expected to miss six to eight weeks.

The 29-year-old from Hamilton, Ont., was hurt last Wednesday when

he fought Canucks forward J.T. Miller in the first period of Montreal's 5-1 win over Vancouver.

Both players were handed five-minute penalties following the short tilt and Chiarot did not return to the game.

Chiarot has one goal and four assists in 25 games with the Canadiens this season. Last year he put up a career-high 21 points (nine goals, 12 assists) in 69 regular-season appearances.

The Canadiens are set to play the Jets in Winnipeg on Monday.

Stevie Ward joins new Canadian rugby circuit

The Canadian Press

The Canada Co-Operative Championship Rugby League, which is hoping to help grow rugby league in the country, has named former Leeds Rhinos star Stevie Ward its director of welfare and safety.

Ward has also been appointed to the CCCRL's board of directors.

Organizers of the CCCRL hope to kick-start rugby league at the grassroots level in Canada. Their goal is to eventually establish a 12-team league with both men's and women's teams with fans literally able to buy into the concept.

The idea is to start with a six-team league in 2023, with plans of increasing up to 12 teams-six men's and six women's-with representation from B.C., Alberta and Saskatchewan, Ontario and Quebec.

Ward appeared in 115 games over nine seasons in Super League, making his debut with Leeds in 2012.

He won two Super League grand finals, two Challenge Cups, one League Leaders Shield, and was selected for the 2017 England World Cup squad. At 18, he was the youngest player in Super League history to win a Grand Cup Final.

Named captain of the Rhinos in 2020, he was forced to retire at 27 due to a series of concussions.

"I am proud to be a part of something that is building a league where the welfare and safety of the people on the pitch is paramount," he said in a statement.

A mental health advocate, Ward created "Mantality" in 2016, an educational platform and podcast for men to understand and improve their own mindset and mental health.

Receiver Quan Bray back in the nest

The Montreal Alouettes announced on Monday that the club has signed American receiver Quan Bray to a one-year deal.

Bray (5'10", 184 lbs.) had an impressive rookie season with the Alouettes in 2019. In 16 games, the former Auburn University Tiger receiver caught 58 passes for 818 yards and six touchdowns, including an impressive 75-yard catch. He also amassed 123 yards on 14 punt returns and 45 yards on two kick-off returns.

"We are happy to once more be able to count on a receiver of Quan's caliber. He adds depth to our talented group of receivers," said Alouettes General Manager Danny Maciocia. "We are aware of Quan's recent entanglements with the law. One of the charges was dropped and he pleaded guilty to the second for which he received a fine. Quan fully realizes that he is getting a second chance and knows that he will have to

walk a straight line if he wishes to continue making a living practicing the sport he loves."

During the 2019 Eastern Semi Final, the 27-year-old made two catches for 58 yards.

"Above his performance on the field, Quan is a great teammate and is appreciated by everyone in the locker room. We are happy to have him back with us. He has showed great character and we are convinced that he will make all the right decisions moving forward," said Alouettes Head Coach Khari Jones.

Bray spent time in the NFL from 2015 to 2018, suiting up for the Indianapolis Colts, Buffalo Bills and Houston Texans. In 24 games with the Colts, he caught six passes good for 75 yards. The Lagrange, GA native also suited up for the Birmingham Iron of the Alliance of American Football (AAF) in 2019.

Submitted by Montreal Alouettes



You can now learn about the vaccination sequence planned for your area and book your appointment online.

Québec.ca/COVIDvaccine

1 877 644-4545

The vaccine. A safe way to protect ourselves.

Votre gouvernement

Québec

In Memoriam

FRASER, Malcolm (Mac) – On March 16, 2020 our beloved brother and uncle entered into eternal rest.

*You are loved beyond words
And missed beyond measure.*

Sadly missed by
THE FRASERS



In Memoriam

FRASER - In fond memory of my dear cousin, Malcom Fraser, who went to his rest (a well-deserved rest) March 16, 2020.

*Often in my thoughts
And dearly missed.*

THEDA



Datebook

TUESDAY, MARCH 16, 2021

Today is the 75th day of 2021 and the 86th day of winter.

TODAY'S HISTORY: In 1945, U.S. military forces declared the island of Iwo Jima secure after 25 days of fighting.

In 1968, U.S. Army soldiers massacred more than 300 civilians in the My Lai village in South Vietnam.

In 1988, Lt. Col. Oliver North and Vice Adm. John Poindexter were indicted on charges of conspiracy during the Iran-Contra affair.

In 1998, mass trials began in Rwanda for roughly 125,000 suspected perpetrators of the country's 1994 genocide.

TODAY'S BIRTHDAYS: James Madison (1751-1836), fourth U.S. president; Henny Youngman (1906-1998), comedian; Pat Nixon (1912-1993), U.S. first lady; Jerry Lewis (1926-2017), comedian; Daniel Patrick Moynihan (1927-2003), U.S. senator; Chuck Woolery (1941-), game show host; Nancy Wilson (1954-), singer-songwriter; Ozzie Newsome (1956-), football player/executive; Patty Griffin (1964-), singer-songwriter; Gore Verbinski (1964-), filmmaker; Lauren

Graham (1967-), actress; Joel Embiid (1994-), basketball player.

TODAY'S FACT: James Madison was the shortest U.S. president, at 5 feet 4 inches tall. He is estimated to have weighed 100 lbs.

TODAY'S SPORTS: In 1994, figure skater Tonya Harding pleaded guilty to hindering the investigation into the conspiracy to attack rival Olympic hopeful Nancy Kerrigan.

TODAY'S QUOTE: "I love distracting myself, just like anyone else. But I also feel a more urgent need in myself to make an effort, to be present and to try to be something that is in favor of life. Of human life." – Patty Griffin

TODAY'S NUMBER: \$2.5 billion – total donations raised for the Muscular Dystrophy Association through entertainer Jerry Lewis' annual telethon, a nearly 24-hour event that aired every Labor Day from 1966 to 2010.

TODAY'S MOON: Between new moon (March 13) and first quarter moon (March 21).

Ocular Melanoma is very rare and aggressive cancer

Dear Reader: Ocular melanoma is what is known as a primary intraocular cancer. That means that the disease begins within the eye itself. It's a rare type of cancer that occurs most often in adults, and it affects only 5 or 6 out of every 1 million people each year. It can occur at any age and in people of all races, but it tends to be more common in those with lighter skin and eye color.

You're correct that we're most accustomed to hearing about melanoma in connection to skin cancer. However, the root of the word derives from melanocytes, which are cells that produce and contain the pigment known as melanin. These cells are found both in the skin and the eyes and, depending on their density and distribution, lend each their specific color. The word "oma" denotes swelling, tumor or other abnormal growth. Melanoma, therefore, refers to cancers that begin in the melanocytes.

Ocular melanoma usually arises in the uvea, which is the middle of the three layers of the eye. The positioning makes it difficult to see, and this type of cancer causes few, if any, symptoms.

When symptoms do occur, they can include a dark spot that is visible on the iris, a change to the shape of the pupil, visual distortion or a blind spot in the peripheral vision, the perception of flashing lights or the sensation of pressure within the eye. Most often, ocular melanoma is identified when the eyes are dilated in the course of a routine exam. Ultrasound and a range of scans may then be used to confirm a diagnosis.

In addition to lighter eye color, risk factors for this type of cancer include exposure to sunlight or UV light, increased pigmentation on the uvea, having a mole in or on the surface of the eye, older age and being of Caucasian descent.

This is an aggressive type of cancer that can potentially spread to other areas of the body, most often to the liver. Immediate treatment is often necessary. The approach depends on the size and placement of the tumor, and the stage at which it is found. The two most common treatments are radiation therapy and surgery. Depending on the size and placement

of the tumor, vision may be preserved. In advanced cases, aggressive treatment may be necessary, and vision is lost.

When an eye must be removed, patients can opt for reconstructive surgery, including the use of an artificial eye, or prosthesis. When tumors are small, they can sometimes be removed with laser treatment, which heats and destroys the cells. Investigative therapies that have shown promise include cryosurgery, which involves freezing the affected cells, immunotherapy and drugs that target proteins involved in tumor growth.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.

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

Dear Doctor: Our neighbor was diagnosed with cancer in his right eye. It's called ocular melanoma. I don't want to bother him or his wife with a lot of questions, but I'd like to know more about the disease. Can you explain about risk factors and symptoms? How common is it? I thought melanoma was a skin cancer.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrokerekord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrokerekord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

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

RICHMOND

Tea & Talks goes online! March 30, 2 p.m. to 4 p.m. on Zoom, join us for an online "un-birthday" party, complete with a free gift when you sign-up. A social afternoon for seniors in the greater Richmond/Danville community to get together. And talk! Tell a friend to make it double the fun. If you have never attended a Zoom meeting before, we can help you get it set up. RSVP: Alice Weare at 819-826-5488 or by email to richmondclc@etsb.qc.ca

ONLINE

Online workshop: Wednesday, March 17th, 10 a.m. to 11:30 a.m. 6 Steps to Lightening Your Mental Load. Online conference through zoom; phone-in option available. To register, contact Vanessa: va@townshippers.org. Sponsored by Townshippers' Association.

NORTH HATLEY

North Hatley Legion Fundraiser - Indoor Garage Sale: March 20 & 21 and March 27 & 28, 10 a.m. to 4 p.m. Items and donations accepted at the Legion: March 13, 14, 16, 17 & 18 from 1p.m. to 6 p.m. All welcome. Covid restrictions apply. Info: 819 837-2906.

RICHMOND

The St. Patrick's Society of Richmond & Vicinity is presenting the next 2 virtual Irish Heritage Festival events on March 17 and 20 at 7 p.m. with details at richmondstpats.org The March 13 presentation of Celebrating Our Heritage can be viewed on You Tube. On March 17, there will be the Kitchen Party with songs, music, and dance with several local musicians. Sharing our Heritage on March 20 includes a workshop on baking Irish soda bread, the history of the harp in Ireland, a telling of the story of Maggie Murphy and her life growing up in Richmond in the 1800s, and a presentation on a historical mural that highlights the early history of the Richmond area. Story-time for little ones will be at 2 p.m. on March 20. All events are free with details and links at richmondstpats.org We invite everyone to keep alive the parade tradition by sharing photos and videos of your home parade, decorations, and activities by sending them to richmondstpat@hotmail.com before March 19. It is especially important this year to be part of community.

Notes on Narcissism

Dear Annie

TUESDAY, MARCH 16, 2021

Dear Readers: The issue of dealing with a narcissist in the family struck a chord and prompted a number of letters offering insights and advice. Most were pretty disheartening because narcissists rarely change. Here are two interesting ones:

Dear Annie: This is a message to the sister in distress because of the abusive behavior of her sister-in-law. I speak as a registered nurse who has encountered similar situations.

Certainly, the difficult sister-in-law has trust and control issues, and she is manipulative. Many traits you described are clinically characteristic of a narcissistic personality disorder. Therapy is seldom successful in long-term change.

The key is the brother. He is the one who needs help and support. The reason is that long-term suppression of himself can lead to depression. This can even result in explosive anger - from repressed feelings and emasculating treatment by his wife over time. There are many red flags in this abusive home. - Serious Situation

Dear Serious: Thank you for

your insights and suggestions. Let's hope the brother can find help and courage from therapy.

Dear Annie: You missed an opportunity to teach about narcissism. This gal is asking how they can all figure out how to maneuver through the manipulation of this woman's behavior.

In addition to all the pain that family members have to absorb because of the narcissist, they are all still trying to save the brother but allow the rest of the family to also take this punishment forever.

I have lived with narcissism in the family, and in two businesses, and it continues over a few future generations. We have tried many psychologists over a period of many years, but there is never any help for those who are in the narcissist's lives.

The brother should divorce his narcissistic wife. I am old now, and I understand that the best opportunity to free oneself from the pain of a narcissistic spouse is to divorce them. It is never easy, but it can save his life. - Old and Been There

Dear Old and Been There: I hope there is a better solution for the

brother and his wife, but thank you for offering your suggestion.

Dear Annie: This is in response to the person who was annoyed by a co-worker having gas and belching at work. This may well be a medical or dietary problem.

I had uncontrollable gas for years, and I did not get any help from doctors. I finally tried a gluten-free diet, and the gas stopped in a day. My sister had uncontrollable belching and found the same relief in a gluten-free diet.

If I had taken your advice to pass gas in the bathroom, then I would have had to work from there, as there was gas all day long every day. - Belching and Gas

Dear Belching and Gas: Thank you for sharing a remedy that worked so well. I hope it helps other people.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - 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.

ON THE ROAD WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

alternator
brakes
camshaft
clutch
condenser
coolant

cylinder
diagnosis
differential
exhaust
filter
fuel

hoses
ignition
manifold
power steering
radiator
sensors

shocks
spark plug
struts
tie rod
valve

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.

“ OJTLJTP C ONU CE N UKXFW MP
 ITTKCES RNBKG MP JNYCES LPMXRKT
 MII LJT ICTKB, LJT MEKG LJCES
 LM BM ONU HTTW UOCESCES.”
 — JNEH NNPME

Previous Solution: “When I was 5 years old I would lie in bed, look at the radio, and I wanted to be on the radio. I don't know why.” — Larry King
 TODAY'S CLUE: *W beats M*

REALITY CHECK

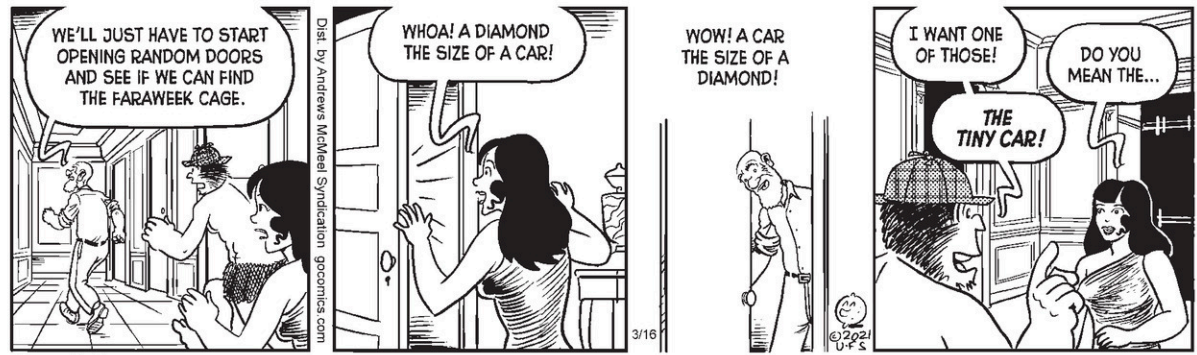


HERMAN



“Arnold, where can I lay my hands on a fan belt for a 2048 Cosmos Star cruiser?”

ALLEY OOP



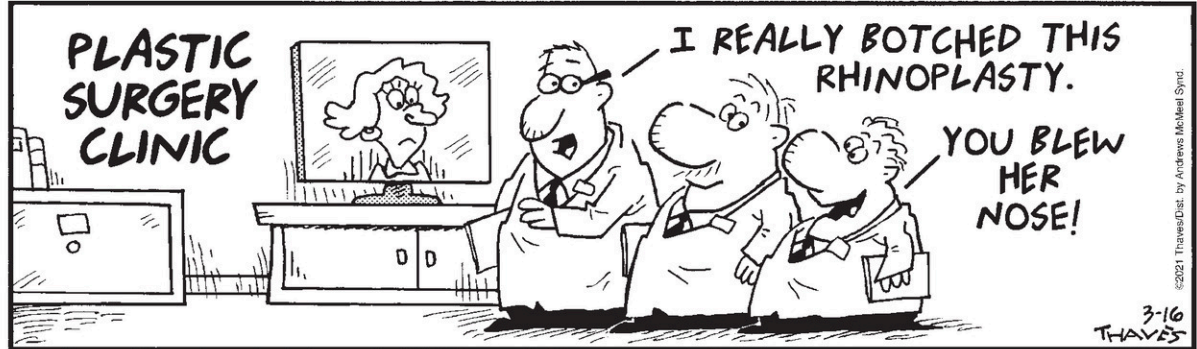
ARLO & JANIS



THE BORN LOSER



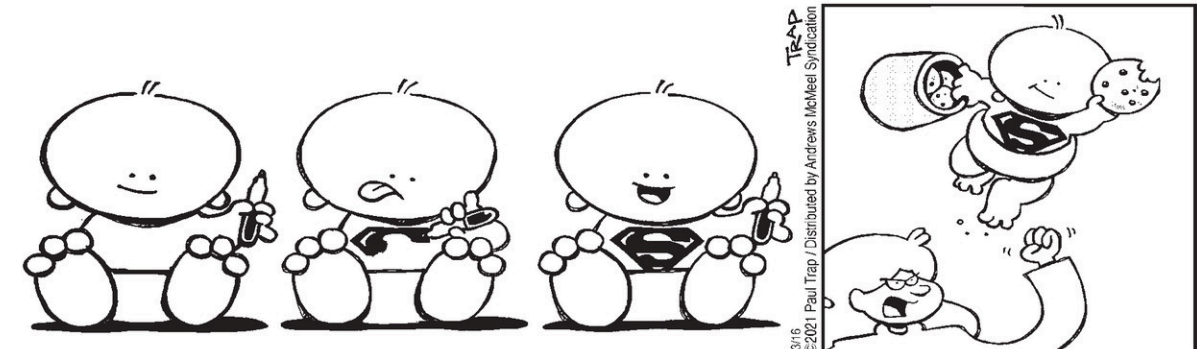
FRANK AND ERNEST



GRIZZWELLS



THATABABY



Go grocery shopping with dietitians.
 When you choose products with the Health Check symbol, it's like shopping with the Heart and Stroke Foundation's dietitians, who evaluate every participating product based on Canada's Food Guide.
www.healthcheck.org
 Check for Health Check™

Diabetes The New EPIDEMIC
 REACT NOW!
 Diabetes Québec
 Information and donations:
 (514) 259.3422 or 1.800.361.3504
www.diabete.qc.ca

Call Sherbrooke: (819) 569-9525 between 8:30 a.m. and 4:30 p.m.
 E-mail: classad@sherbrookerecord.com
 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

CLASSIFIED

Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
 The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

100 Job Opportunities 100 Job Opportunities 100 Job Opportunities 100 Job Opportunities 100 Job Opportunities 290 Articles for Sale



Secretary
15 hours / week

Lennoxville & District Community Aid is a non-profit organization. The mission is to promote and coordinate services and volunteer work thus making it easier for seniors over 65 to continue living in their own homes. We are looking for an experienced candidate to fill this position.

RESPONSIBILITIES:

Under the supervision of the Director of Human Resources, the candidate will perform the following duties and responsibilities;

- Answer to correspondence and various information requests;
- Perform administrative tasks (mailings, letters copies, calls, billing, notices, etc.);
- Order supplies;
- Establish and maintain filing systems (paper and computerized);
- Prepare documents (information to volunteers or clients, publicity, activity reports etc.);
- Assist team members in drafting projects, surveys, funding applications, etc.;
- Make bank deposits

TRAINING AND EXPERIENCE REQUIRED:

- DEP Secretarial studies or any other diploma relevant to the position
- Knowledge of Microsoft applications
- Proficiency in French and English, (written and spoken min. 4/5)
- Knowledge of community organisations and social media
- 2 to 3 years of experience in a similar field

KEY SKILLS:

- Great listening skills
- Strong interest to be involved with and for the community
- Capacity to develop trusting relationships with clients and the team members
- Organized and well-structured
- Dynamic and proactive personality
- Respect confidentiality.
- Adhere to the values of the organization.

Starting date: End of March 2021
 Candidates must send a presentation letter along with their curriculum vitae at the latest March 19th, 2021 to Sylvie Gilbert Fowles at: direction@communityaid.ca
Only candidates selected for interviews will be notified.

THE GOLDEN LION PUB AND BREWERY in Lennoxville is looking for a chef. Salary to be discussed according to experience. Call or text: 819-570-2665, email: info@lionlennoxville.com

275 Antiques

WE BUY from the past for the future, one item or a household, attic or basement, shed or garage. We like it all, give us a call. 819-837-2680.

Speak right from the heart.

A donation in memory of a loved one is a gift of hope.

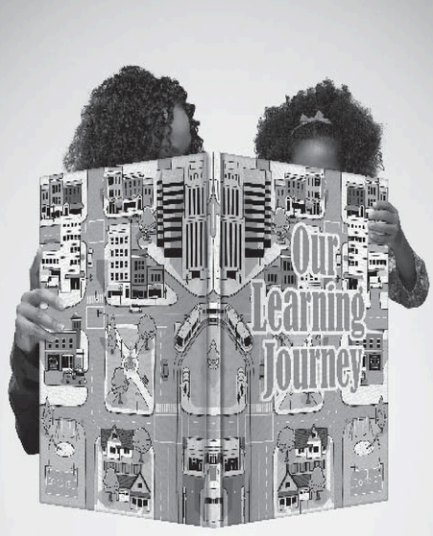
It takes just a few minutes. A card will be sent to the bereaved family as a token of your sympathy and generosity.

1 888 473-4636





Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Call **819-569-9525** or send an email to classad@sherbrookerecord.com

Email your classified ad to:
classad@sherbrookerecord.com



Learning happens in everything we do.
FamilyLiteracyDay.ca



Explore the flavours of India with butter chicken naan pizza

(NC) Experimenting with food from around the world is a healthy choice for families. It not only keeps mealtime exciting and interesting, but it also encourages adventurous eating.

In fact, studies show that children who are exposed to a variety of flavours and foods early in life tend to be more willing to try new things, allowing for a more varied and nutrient-rich diet down the road.

This butter chicken naan pizza is as scrumptious to eat as it is fun to make. Dive into the aromas of India and encourage your little ones to lend a helping hand in the kitchen – they'll love adding the colourful toppings to this vibrant dish.

Butter Chicken Naan Pizza
 Prep time: 20 minutes
 Cook time: 15 to 23 minutes
 Serves: 4

Ingredients:

- 1 jar (400 mL) Patak's Butter Chicken cooking sauce
- 1/2 cup (122.5 g) plain yogurt
- 2 tsp (5.6 g) garlic, minced
- 2 skinless chicken breasts, cut into bite-sized pieces
- 3-4 pieces naan bread
- 2 cups (226 g) cheese, shredded and divided into two equal parts

- 1 1/2 (45 g) cup spinach
- 1/4 cup (29 g) red onion, sliced
- 2 cups (298 g) cherry tomatoes, halved
- Salt, to taste

Directions:

- Pre-heat oven to 400°F (205°C).
- Stir together butter chicken cooking sauce, yogurt, garlic and salt.
- Mix 3 tbsp (45 mL) of the yogurt sauce with chicken pieces; set aside remaining sauce.
- Cover and marinate chicken for 15 minutes.
- Heat pan to medium heat and cook marinated chicken pieces for 5 to 8 minutes until no longer pink inside.
- Spread reserved yogurt sauce over 3 to 4 naans.
- Sprinkle naans with 1 cup (113 g) of cheese.
- Sprinkle spinach, onion, cherry tomatoes (cut-side up) and cooked chicken. Top with the remaining cheese.
- Bake directly on the oven rack for 10 to 15 minutes or until cheese is melted and bubbling.
- Remove from oven and let sit for 2 to 3 minutes before serving.

Explore more kid-friendly recipes inspired by cuisines from around the world and learn how you can win \$2000 at tasteadventure.ca.

www.newscanada.com

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

3/16 © 2021 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

NEA Crossword Puzzle

Your Birthday

TUESDAY, MARCH 16, 2021

- ACROSS**
- 1 Transport for Sinbad
 - 4 Scheme
 - 8 Brand for Bowser
 - 12 Ginza purchase
 - 13 Verdi opera
 - 14 Lettuce piece
 - 15 Cargo unit
 - 16 Breathe hard
 - 17 Spanish painter
 - 18 Area
 - 20 Org. for doctors
 - 22 Not barefooted
 - 23 Auspices
 - 27 Fishing gear
 - 31 Self-importance
 - 32 Warrior princess
 - 35 Si, to Maurice
 - 36 Word in a telegram
 - 37 Manhandle
 - 38 Sitcom planet
 - 39 Galley movers
 - 40 Guess, briefly
- 41 Heir, often
- 43 Tree abodes
- 45 Elevator maker
- 48 Bankroll
- 50 Voting number
- 52 Leap in a tutu
- 55 — — for one's money
- 57 GI mail drop
- 58 Earthen jar
- 59 Cargo
- 60 Actor Danson
- 61 Check mark
- 62 Goals
- 63 Previous to
- DOWN**
- 1 Composts
 - 2 Band members
 - 3 Sure thing
 - 4 Many-storied tower
 - 5 Truth bender
 - 6 Circulars
 - 7 Vineyard valley
 - 8 Pond scum
 - 9 August sign

Answer to Previous Puzzle

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

- 10 Settle up
- 11 Ghost — — chance
- 19 Utter, as devastation
- 21 — West
- 24 Japanese clog
- 25 Borodin prince
- 26 Sponges (up)
- 28 Not warm
- 29 Mountain-dweller of Iraq
- 30 Take pleasure in
- 32 Comic book heroes (hyph.)
- 33 Self-confidence
- 34 Almonds
- 36 — voce
- 41 That senora
- 42 Rings out
- 44 Pinch
- 46 Really annoyed
- 47 Terrific
- 49 Valley
- 50 Better than stereo
- 51 Method
- 52 Make a note
- 53 Lilly of pharmaceuticals
- 54 Best medicine?
- 56 Jimmy's successor

Share your thoughts and feelings with someone you trust, and you'll find it easier to shape your plans to fit your goals. A positive approach to life, love and happiness will encourage others to support you. Mark each milestone you accomplish with a reward.

PISCES (Feb. 20-March 20) - Incorporate something you enjoy doing into your daily routine. Educational pursuits that could boost your career. Refuse to let a setback or someone's actions consume you. Be productive instead of angry.

ARIES (March 21-April 19) - Keep marching forward, and don't stop until you reach your destination. Progress takes discipline, fortitude and courage, but the result will be worth it. Don't stop believing!

TAURUS (April 20-May 20) - Emotions will confuse you if you let them take control. Be realistic, and you'll avoid getting caught in a no-win situation. Be willing to compromise and simplify.

GEMINI (May 21-June 20) - Sort through information, go over details carefully, look for discrepancies and make adjustments. Keep your guard up when dealing with people who talk big, expect a lot and offer little.

CANCER (June 21-July 22) - Pay attention to detail, but don't lose sight of your deadline. Working quickly and finishing on time is as important as the effort you put into anything you pursue.

LEO (July 23-Aug. 22) - Changes taking place will strike an emotional

chord. Work to find new opportunities to fill any void you are feeling. Put your energy into self-improvement and solid, realistic plans.

VIRGO (Aug. 23-Sept. 22) - It's up to you to bring about change. Don't wait for someone to push you in a direction that benefits them more than you. Take control and embrace what you feel passionate about.

LIBRA (Sept. 23-Oct. 23) - Delve into something that makes you feel passionate. Emotional spending and joint ventures will not turn out as planned. You'll be misled by someone who lacks integrity.

SCORPIO (Oct. 24-Nov. 22) - Don't fold under pressure. When in doubt, take a pass. Gravitate toward the things you know are possible and that you enjoy doing. Seek out like-minded people to help you.

SAGITTARIUS (Nov. 23-Dec. 21) - Don't participate in something you don't want to pursue. Problems at home will surface if tempers flare. Keep the peace, but don't lower your standards or do something you'll regret.

CAPRICORN (Dec. 22-Jan. 19) - Someone who opposes the changes you are initiating will question you. Don't get into an argument over something that isn't going to matter as you move forward. Follow your heart.

AQUARIUS (Jan. 20-Feb. 19) - Let your intuition lead the way, and you'll find a way to use your skills and knowledge to your advantage. Reinventing the way you market yourself will help you in your professional aims.

TUESDAY, MARCH 16, 2021

The robots are weird at times

by Phillip Alder

Wade Lnenicka of Smyrna, Georgia, sent in this senryu: Bridge is a tough game / Most who try it fail badly / Then why is it loved?

The robots at Bridge Base Online usually play reasonably well but occasionally do something truly inexplicable.

Look at today's deal. The final contract of six spades went down one after West led the club ace and continued with a second club. Which card won the setting trick? If you guess this correctly, you should go to Las Vegas as soon as it reopens; do not pass Go, do not collect \$200.

In the auction, after South opened two clubs, West intervened with three clubs. (He did not have a way to show a heart-club two-suiter.) North passed, not having a five-card suit to bid or a club stopper for no-trump. But after East raised clubs, and South rebid four spades, North used Roman Key Card Blackwood. South showed four key cards (here, three aces and the spade king), and North signed off in six spades.

This contract should go down if West leads the club ace or either singleton six!

At this table, South took the second

		North	03-16-21
		♠ Q 9 8 5	
		♥ K 10 9 2	
		♦ Q J 4	
		♣ 5 4	
West		East	
♠ 6		♠ 10 4 3	
♥ Q J 8 7 5		♥ 4	
♦ 6		♦ 9 8 7 5 3 2	
♣ A Q 9 7 6 3		♣ J 10 2	
		South	
		♠ A K J 7 2	
		♥ A 6 3	
		♦ A K 10	
		♣ K 8	
Dealer: West			
Vulnerable: Neither			
South	West	North	East
	Pass	Pass	Pass
2♣	3♣	Pass	4♣
4♠	Pass	4NT	Pass
5♦	Pass	6♠	All Pass
Opening lead: ♣ A			

trick with the club king, drew trumps ending in hand and led the heart six. Now you would expect West to have split his honors, playing the jack or the queen. Then, sooner or later he would have taken the setting trick with his other heart honor.

We are lacking in imagination. West covered the heart six with his seven, and declarer played the two from the board! So the heart seven won the trick - down one!

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				62				63		