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Farm News Review - Page 5

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WEDNESDAY, SEPTEMBER 29, 2021

Third dose to be offered in seniors' homes

By Gordon Lambie

A third dose of a COVID-19 vaccine is now being recommended across Quebec for people living in long term care homes (CHSLDs) private seniors' residences (RPAs) and in intermediate resources (RI-RTFs) in light of what Health Minister Christian Dubé called "diminished efficacy" of the vaccine in more vulnerable populations six months after their second shot. The booster will be paired with the seasonal flu shot and offered in those establishments as of the end of the month of October.

"We are starting to have more outbreaks in seniors' residences," Dubé said on Tuesday afternoon, sharing that although the number of cases inside of residences is still relatively low, at 140, the aim is to try to get ahead of the trend before it becomes serious. "What we want is to give these people the best immunity possible, as soon as possible."

Although the United States has opted to move ahead with a booster shot for

CONT'D ON PAGE 3

New Estrie-Aide mural in progress



GORDON LAMBIE

By Gordon Lambie

Anyone passing by Estrie Aide in Sherbrooke over the last two weeks has likely seen artists Guillaume Cabana and Boris Biberdzic at work on a new mural. Taking up the full length of the wall that faces Wellington Street South, the new

artwork is a design by Biberdzic carried out in collaboration with the second-hand store as well as cultural diversity advocacy organization Actions Interculturelles.

According to Cabana, the idea behind the mural was to highlight a message of social inclusion and cultural diversity, although he also

said that he considers the work closely tied to a message of anti-racism and intercultural cooperation.

Although the work is limited by the weather conditions, Cabana said that he and Biberdzic have been putting in six to eight hour days on the project and he hopes the work will be completed by this coming weekend.

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Weather



TODAY:
MAINLY CLOUDY

HIGH 14
LOW 7



THURSDAY:
CHANCE OF SHOWERS

HIGH 13
LOW 6



FRIDAY:
MIX OF SUN AND CLOUD

HIGH 14
LOW 4



SATURDAY:
SUNNY

HIGH 16
LOW 6



SUNDAY:
MAINLY SUNNY

HIGH 15
LOW 4

HAND IN HAND

Centraide launches 2021 campaign

Poverty affects everyone



Centraide, also known by its English name, United Way, is launching its annual fundraising campaign this week. Until the end of December 2021, Quebecers are invited to join the movement in order to collect donations that will be used to improve the living conditions of people in vulnerable living situations.

The Centraides groups in Quebec are present across all regions and make use of the funds from this campaign to support nearly 1,500 community organizations and projects annually. This support is particularly important now, given that the situation of many of these groups and projects has worsened in the context of the COVID-19 pandemic. These local organizations, often less well-known than other causes, offer adapted services in each region.

Once again this year, Centraide Estrie is organizing an innovative campaign launch. Rather than holding a press conference, the team will go on a Happiness Tour to bring comfort and energy to its partner organizations. Centraide volunteers will visit 16 community organizations across the Estrie region to deliver coffee breaks filled with sweets sponsored by the Coop Alentour, Café Hubert Saint-Jean, Chocolat

Lamontagne and Kooky Biscuiterie.

"We wanted to act from the heart for the launch of our campaign. After more than 18 months of pandemic, our organizations deserve a little break," said Julie Laplante, campaign cabinet chair and branch manager at BMO Bank of Montreal. "The needs of the community are still great and that is why we are announcing a campaign goal of \$ 2.225 million! We invite those who can, to give generously."

The Centraide campaign also aims to raise awareness of the importance of reducing social inequalities. According to a recent Léger survey, respondents underestimated the number of people living below the poverty line in Quebec. However, three out of four respondents believed that the poverty situation in Quebec has deteriorated since the start of the pandemic.

More than one in five respondents said they have found themselves in a situation of poverty and vulnerability because of the pandemic, including one third of those aged 18 to 34.

The survey also suggested that a large portion of Quebecers underestimate the extent of poverty in Quebec: 37 per cent of respondents estimated that less than 500,000 people face poverty in the province. The reality is quite different, with a number closer to 800,000 according to the Market Basket Measure or 1.2 million according to the Low-Income Measure.

More than 70 per cent of respondents to the Léger survey believed that the poverty situation in Quebec has deteriorated and that inequalities between the rich and the

poor have worsened since the start of the COVID-19 pandemic. Meanwhile More than 75 per cent were also made aware that such a situation can affect everyone.

In the eyes of the respondents, the best course of action on poverty would be the establishment of programs for the creation of affordable housing (60 per cent). Other actions suggested were increasing in the minimum wage (50 per cent), revision of the tax levels (49 per cent) and the development of a real social project focusing on the fight against poverty (46 per cent).

This Léger survey, commissioned by the Centraides of Quebec, was conducted among 1,005 respondents from August 13 to 15, 2021 inclusively. The maximum margin of error for the survey is 3.1 per cent, 19 times out of 20.

Centraide Estrie mobilizes the community and brings together resources to help improve the living conditions of poor and vulnerable people, in partnership with community organizations directly involved with this clientele. Visit the website for more information: www.centraideestrie.com or follow us on Facebook and LinkedIn.

In Quebec, 11 Centraides fundraise and invest in their respective territories in order to act effectively on poverty and social exclusion. They support 1,500 community organizations and projects that help and comfort over a million vulnerable people here. The Centraides of Quebec are also members of Centraide Canada, which brings together more than 77 Centraides and United Ways across the country.



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Ben by Daniel Shelton



Local News

Dubé denied that the government is trying to guilt trip unvaccinated workers into getting a shot, but also said that the system will likely have to undergo a significant reorganization after the 15 to account for the suspended workers.

Student groups advocate for on-campus municipal polling stations

By Michael Boriero

Many students living in Sherbrooke expressed displeasure when Elections Canada abandoned its on-campus voting pilot project for the 2021 federal elections, and now they are fighting to remedy a similar situation unfolding for the upcoming municipal elections.

The Fédération Étudiante de l'Université de Sherbrooke (FEUS), Bishop's University Students Representative Council (BUSRC), and Association étudiante du Cégep de Sherbrooke (AECS) are working together to convince the city to bring polling stations to campuses.

BUSRC Vice-President of External Affairs Joel Cook told The Record that when Elections Canada pulled its pilot program, students were perplexed by the decision. Cook considered it to be an attack on the youth vote, and it's happening again in the municipal elections.

"The youth vote is extremely important with 40,000 active students in the Estrie, it's pretty clear that the student voice is a big voice [...] and to make voting access more difficult for these students and to use the excuse of the reallocation of resources; we don't buy that," he said.

While Cook acknowledges the ongoing pandemic presents its own set of issues, he finds that the city's removal of special polling stations is a problematic trend. He is not convinced that reallocating resources is the right call in this situation, students need a voice, too.

According to Elections Canada,

there was a dip in the youth vote during the 2019 election. It's still too early to say what the turnout was for young voters in 2021, but Cook wants to avoid a downward trend, and he believes that it starts by reinstalling special polling stations.

"We really feel that by leveraging our associations and our voice, we're really going to be able to change that culture around students not voting, and I think it starts at the municipal level and it goes up to the federal level, as well," he said.

The three student organizations combined to form the Table Associative Estrienne (TASSE), which, according to Cook, represents about 24,000 students in the region, advocates for students' rights, and engages students in regional issues.

TASSE wants to put students in a comfortable voting environment. They need to be in a place where they feel comfortable speaking up, Cook explained, but the city continues to fall back on its argument that COVID-19 has forced them to reallocate funds.

Cook noted that if anything Sherbrooke is putting residents at greater risk of spreading the virus by mixing students with the older population at polling stations. It also helps students understand the importance of voting if they see it right there on campus.

"I don't think right now many of the students, especially the youth, understand that they have power and understand what their municipal vote will do, so by having these on campus we can start that



BUSRC Vice-President of External Affairs Joel Cook

COURTESY

conversation," said Cook, adding that they want to engage students.

It can also create more collaboration between municipalities and students, but they need to be given a chance to participate in local politics. If students don't know what their municipality can do for them, Cook continued, then they can't engage in those conversations.

The student population at Bishop's was recently able to convince the government to install vaccination clinics on campus. It was a major win for the university, according to Cook, especially for students who were unable to go downtown to get a shot.

It is this type of interaction with government that the VP is talking about, and why he is stressing the importance of adding polling stations to campuses across Sherbrooke. Students are willing to learn about municipal politics, he added, if they are given a chance.

"It also gives us the ability to kind of create ties and relationships with the municipal government so that we can do things for the community. As much as people think that students don't care about the community, I'll stand here and tell you that's wrong," said Cook.

Third dose

CONT'D FROM PAGE 1

all people over the age of 65, Provincial Director of Public Health Horacio Arruda said that for the moment this will not be the case in Quebec. Arruda agreed that there is some question as to whether countries like the U.S. and Canada should be considering a third dose when other nations are still working on trying to begin their campaigns, but he argued that that is a question for the international community, as Quebec is not in a position to easily re-package the supply of vaccines it already has on hand to send elsewhere.

"I'm not telling you it will never happen" Arruda continued, adding "if there is a risk to (seniors living at home), we will do the same thing."

Asked about the rapidly approaching October 15 deadline by which all healthcare workers will have to be vaccinated or face suspension without pay, Dubé said that the province will not be changing

its mind, despite there being close to 15,000 workers within the network who have yet to receive a shot.

"What I say to people who are not vaccinated is that even if you make the decision later, it is never too late," the health minister said, explaining that workers will be allowed to return to work 30 days after their first dose.

Dubé denied that the government is trying to guilt trip unvaccinated workers into getting a shot, but also said that the system will likely have to undergo a significant reorganization after the 15 to account for the suspended workers and that healthcare workers who choose not to get vaccinated should consider the impact that choice will have on their vaccinated colleagues and society in general.

"We want the public to be served by people who are vaccinated," he said.

Finally, on the subject of vaccination of children five to 11 years

old, Arruda also said that although everything depends on when the vaccines get approval from the federal government, he expects a campaign to get started before Christmas, and possibly as early as the end of October.

The Province of Quebec reported 469 new cases of COVID-19 on Tuesday, bringing the total number of people infected to 408,931. As a result, the number of active cases dropped back under 6,000 to reach 5,986. There were six new deaths, for a total of 11,362 since the start of the pandemic. The total number of hospitalizations across the province due to the virus increased by 22, to 321, but 37 new people were admitted to hospital. Of that 321, 94 people were in intensive care, a decrease of one compared to the previous day even though nine new people were admitted to ICUs.

In the Eastern Townships there were 128 new cases recorded between Friday and Tuesday, but the total

number of active cases in the region decreased slightly to 271.

The Townships also reported two new deaths, one from the Argyll in Sherbrooke and the other from the Résidence St-Charles in Granby.

There were 11 in hospital in the Eastern Townships for COVID-19 on Tuesday, four of whom were in intensive care.

Local vaccination rates reached 85.6 per cent of the eligible population for a first dose and 82.2 for a second.

According to the regional public health department, there are 1,026 healthcare workers in the Townships who have yet to receive a dose of a COVID-19 vaccine, and more than 800 who are between a first and second dose.

Across the province 89.3 per cent of those 12 and up have received a first vaccine dose, and 85.2 per cent are now considered adequately vaccinated.

EDITORIAL

The education system must resist shying away from discussing its legacies, truths and responsibilities by coming together to talk with Indigenous educators, leaders and advocates

Reckoning with the truths of unmarked graves of Indigenous children, education systems must take action

By Lisa Korteweg
Associate Professor, Faculty of Education, Lakehead University

Pauline Tennent
Manager, Centre for Human Rights Research, University of Manitoba

Tesa Fiddler
Indigenous community partner, Coordinator of Indigenous Education at Thunder Bay Catholic District School Board

advocates — on how to respond, process and educate in light of these tragedies and ensuing mass grief.

With no official mandate from ministries for systemic reform through training programs, regular discussion forums and gatherings, the education system runs the risk of cultivating more apathy and burnout among teachers, more ignorance from Canadians and more harms of settler colonialism and anti-Indigenous racism in schools.

This silence by the education system is potent and the message clear: reckoning with genocidal truths and the ongoing impacts of these harms in present day classrooms is not a priority but rather a personal decision left up to the individual teacher.

Settler teachers cannot tackle reconciliation alone

Many teachers long for a transformation of the education system towards more respectful relationships and equitable partnerships with Indigenous communities. They hope for a systemic effort that will concretely improve Indigenous students' lives and make reconciliation a daily commitment in schools.

But when teachers receive little to no direction from their ministries or school boards, they are alone in classrooms, disconnected from their peers in processing these colonial atrocities and many revert to an individualized null response.

Some are reluctant to develop genuine relationships with Indigenous students or make connections with Indigenous Peoples, preferring to be a perfect stranger. Others become



hesitant to engage with or teach the difficult knowledge of colonialism, preferring settler innocence. While others centre themselves as the baffled teacher, unable to critically examine their own complicity in the settler colonial structure of education.

What does the education system need to do?

The education system must resist shying away from discussing its legacies, truths and responsibilities by coming together to talk with Indigenous educators, leaders and advocates. Decolonizing education is a long process that requires systemic shifts to address ongoing cultural harms, anti-Indigenous racism and oppression against Indigenous children.

This systemic approach requires a co-ordinated mandate by education ministries, school boards/districts, teacher colleges and teacher federations to take a healing path forward with Indigenous partners, to move towards a collaborative, relational and culturally responsive system that is accountable to Indigenous Peoples and communities.

Settler educators need to decentre themselves in these partnerships so Indigenous people can speak more, take up space and reclaim their place and authority for determining what is best for Indigenous children. They should be determining what all students need to learn on Indigenous Land.

Former senator and Truth and Reconciliation Commission (TRC) chair Murray Sinclair has emphasized that education is the way towards

reconciliation, and we believe teacher education is the means for disrupting the system's ignorance, settler colonialism and white normativity. But education can only implement the TRC's Calls to Action when it acts as a collective system focused on transformation.

Teachers cannot do this transformation alone in their classrooms. We need to hold ministries, school districts and teacher federations to account for space and funding to train the whole system to recognize anti-Indigenous racism, and address ongoing harms against Indigenous students.

If the leadership of ministries, school districts and teacher unions aren't willing to discuss the unmarked graves of Indigenous children as legacies of colonialism and genocide that continue in education, then teachers will individually turn off, drop out and end up silent on these harms that continue to be reproduced in schools.

When ministries are not mandating this work of reckoning, repairing and healing by the whole education system, the momentum for teacher accountability in education-as-reconciliation risks being lost, buried and forgotten.

Lisa Korteweg has received funding from the Social Sciences & Humanities Research Council (SSHRC).

Pauline Tennent and Tesa Fiddler do not work for, consult, own shares in or receive funding from any company or organisation that would benefit from this article, and have disclosed no relevant affiliations beyond their academic appointment.

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Quota wars move to the chicken coop

Fancy breeder eggs subject to supply management



FARM NEWS REVIEW

SCOTT STEVENSON

The debates over milk and maple quotas have now moved to chickens, and fruits and vegetables may be next, judging by coverage in Quebec's farm-union news weekly.

"New framework for breeder eggs and fancy breeds," read the page-9 headline next to "Discontent among small producers" in the Sept. 15 issue of *La Terre de Chez Nous* published by

the Union des Producteurs Agricoles (UPA).

The supply-management rules for breeding chicks previously didn't account for fancy breeds, such as the Chantecler, a hardy dual-purpose (eggs and meat) chicken first developed at Oka in the early 20th century.

But the Producteurs d'Oeufs d'Incubation du Québec (POIQ), a wing of the UPA, recently updated its supply-management rules to give quotas on fancy breeds to a few established producers and to allow some production without a quota.

"The regulatory changes set a new maximum non-quota production threshold of 15 hens and 5 roosters, for a maximum total production of 500 breeder eggs," wrote reporter Patricia Blackburn in the *Terre weekly*. This means that a producer who doesn't have a quota can sell no more than 500 fancy-breed chicks—far from enough to earn a living.

The breeders' union might argue that the change opens the market to fancy

breeders, but it isn't enough to satisfy small producers, as represented by a competing Quebec farm association, the Union Paysanne.

"According to it, small producers, who operate within a local, short supply chain, are not a threat to the marketing of breeder eggs in Quebec and should therefore not be subject to the supply-management rules of the POIQ," Blackburn reported.

The problem for the Union Paysanne and its voluntary members (membership in the UPA, on the other hand, is not voluntary) is that current quotas prevent small producers from being viable.

Among those quotas, 300 meat chickens, 99 laying hens, and 15 fancy-breed hens aren't enough to make a living as a small farmer.

"A series of cumbersome and exaggerated rules, often created by the industry, have been established within the supply-management system with the obvious goal of eliminating the smallest farms," the Union Paysanne

writes on its Web site.

Market-garden quotas?

Market gardening became very popular in recent years among new and small producers not only because of Jean-Martin Fortier's inspirational guide book *The Market Gardener* but also because of the lack of quotas that would otherwise limit who can produce and how much.

But August and September headlines in the *Terre de Chez Nous* may tempt central planners to consider quotas in market gardening as well: "Double-edged abundance," read the top story in the Aug. 18 issue, and "Strawberry surplus hell," read a headline on the Sept. 1 front page.

With the growing popularity of small-scale farming, current management by the larger industry will have to continue adapting to a changing agricultural landscape.

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

Quebec throws over \$90 million at gun control

Record Staff

Last week, the Quebec government announced the adoption of the *Stratégie québécoise de lutte contre la violence liée aux armes à feu*, or its strategy to combat gun violence, also known as Operation Centaure.

With the goal of keeping Quebecers safe and providing some peace of mind, the provincial government will inject more than \$90 million into creating hundreds of gun prevention resources, as the province faces a rise in handgun-related crime.

Deputy Premier and Public Security Minister Geneviève Guilbault said in a press release that the government is fighting to stop gun violence in the province, and they are working on all fronts. She also thanked police forces

across Quebec who are protecting the population.

"This strategy will consolidate the efforts invested over the past year to bring concrete and immediate results, in addition to acting on the source of the problem and curbing this scourge," said Guilbault.

The strategy adopted on Friday consolidates the action plan put in place over the next few months. There are short, medium, and long term plans to slow down gun-related violence in Quebec, especially in the Greater Montreal area.

The Quebec government wants to strengthen police forces with specialized team to allow for the rapid intervention with individuals who use firearms. They also want to disrupt the illegal supply of firearms, increasing

investigations to determine where they are coming from.

There are also plans to add resources and equipment to forensic science, as well as enhancing knowledge and information sharing with police agencies. Finally, the government wants to prevent crime by identifying at-risk individuals, through community collaboration.

Johanne Beausoleil, the acting director general of the *Sûreté du Québec*, noted that the best way to fight the illegal use of firearms is by implementing intervention methods and resources in a structured manner across the entire province.

"This will have the effect of reducing the supply of illegal weapons, which will have a direct impact on possession and, by the same token, on the current

problem in the Greater Montreal area," said Beausoleil.

Quebec Association of Police Directors President Pierre Brochet added that the directors are pleased with the government's commitment to countering the distribution of illegal firearms in municipalities, cities, and throughout the province.

"It is by uniting in our interventions and in the sharing of information, by exchanging our best practices, by involving the community, by putting an end to the online trivialization of the use of weapons, and by recognizing the complementarity of the various actors in the field that we will succeed in having an effect on the decrease of violent crimes," said Brochet.

Quebec asks citizens to reflect on the anniversary of Joyce Echaquan's death

Record Staff

On the anniversary of Joyce Echaquan's death, the provincial government has invited every Quebecer to reflect on the fight against racism and on relations with the First Nations and Inuit communities.

Echaquan died at the Centre hospitalier régional de Lanaudière in Joliette on Sept. 28, 2020 shortly after recording a Facebook live video that captured several female staff hurling insults and mocking the 37-year-old Atikamekw mother of seven.

Her video and subsequent death

sparked outrage throughout Quebec and Canada, and ignited yet another conversation about racism and discrimination in the country. An inquest into Echaquan's death was held this past spring.

According to a press release, the province has been working with Indigenous partners to establish progressive, and inclusive, concrete measures. Indigenous Affairs Ian Lafrenière said his thoughts are with Echaquan's family and the members of her community.

"I would also like to take advantage of this opportunity to invite Quebecers

to learn more about the realities of Quebec's Indigenous peoples. Let us reflect together on ways to deconstruct prejudice," said Lafrenière, adding that he hopes to live together better in the future.

The government is also responding to questions raised by Joyce's Principle, which aims to guarantee the right to equitable access to all social and health services for all Indigenous communities.

The press release noted that the community of Manawan has proposed to rename the *Réserve de biodiversité projetée du Lac-Némiscachingue* in

Echaquan's honour. Quebec announced it will take the necessary steps to change the reserve's name.

Benoit Charette, minister responsible for the fight against racism, said the province was shocked to learn about the depth of the discrimination problem toward Indigenous peoples in Quebec. He wants to ensure that the injustices Echaquan faced never happen again.

"Regardless of our language, culture, religion, or personal convictions, we all have a moral duty to act when we witness wrongdoing toward a vulnerable person," said Charette.

From rock painting to real community

By Gordon Lambie

Politicians and groups focused on community development frequently refer to wanting people to develop a “sense of belonging” when it comes to various public spaces. It is an idea that is often talked about, but not always clear in what exactly it means.

Sometimes, though, it can be as simple as painting rocks.

Anyone who has made the trip to the Square

Queen public space in Lennoxville in 2021 has likely come across the rock painting station, which offers an array of rocks that can be decorated with free paint at any time of day.

“A lot of really good artwork happens at midnight, or two in the morning,” said Roy Patterson, who manages the rock painting activity.

Patterson first set up a rock painting station at the square last summer, but only on a few occasions while the public market was set up. In 2021 he came back with a station that was

available at all times and said he has been really pleased with the result.

“What I came to terms with early is yes, there is going to be vandalism, but the trade-off is that the space really came to life,” he said, explaining that people would come, paint rocks, and then often leave them to help decorate the square and put a little bit of themselves into the public space.

Although very simple in nature, the activity has proven to have quite an impact on some members of the community.

“It’s given me a bit of new life,” shared Sheila Johnston, who got involved in Patterson’s work at the square after he came to her door advocating for a dog park in Lennoxville.

Johnston said that she was unaware of the existence of the square for the first year and a half that it existed but found a creative outlet in the space once she made her way down the hill to see what was going on.

It was Johnston who painted the stone chess-set and memory game that sit near the rock painting station, and she has been working with him on other projects to try to add new forms of community engagement to the site.

“We needed a way to bring community together and lift people’s spirits,” she said, speculating that the rock painting activity caught on because it offered people a simple but pleasant activity that could be done either alone or in a small group with no pressure to perform.

“You can pick up a rock anywhere and paint it, but I think it’s the feeling of the space; it’s very peaceful,” she said. “Everyone is in their own little area doing their own little thing. It’s a nice place to just get together.”

Hazel Innes said that she stopped by the square one day because she heard people in the community talking about it and encountered Patterson on site.

“He said to me, ‘would you like to paint a rock’, and I thought okay fine,” she said, explaining that although she used to paint on wood and participate in local artisan shows, it had been a long time since she had last done so. In the end, the activity brought her back to the space time and again.

“I find it very relaxing,” she said. “If I’m a little down, then just being there and painting on a rock and talking to other people helps.”

Although Innes said she enjoyed the painting and also seeing the work that other people did, some of what made the biggest impression on her was the people with whom she crossed paths. Those people, she said, have been of all ages and backgrounds, with some coming from as far away as Saskatchewan.

By Patterson’s estimate, roughly 600 rocks have been painted at the station over the course of the season, about 70 per cent of which are now out in the community.

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TAKING CARE OF OUR NURSES

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This is also an opportunity for those who've left the public health system to come back and provide assistance under better working conditions.

Now more than ever, we need their help to improve patients' lives.

To learn more about our action plan, visit Québec.ca/nurses.

Death



**PEACOCK
nee
THORNDIKE,
Georgia
1927-2021**

Passed away peacefully at home with her family on September 21, 2021 in Mansonville, QC at the age of 94. She leaves to mourn her children Russell (June), Susan (Urgel), Bridget, Lucy (Christopher), Clare (Joe), Daniel (Bona) and Tom, her grandchildren Christopher, Laura, Patricia, Harri, Ben, Jessica, Hannah, Georgia and her great-grandchildren Anne, Bennet, Isabelle and Owen.

A celebration of her life will take place at a later date followed by burial at the Mansonville Cemetery. In lieu of flowers, donations may be made in her memory to the Ken Jones Respite Program of the Missisquoi North Volunteer Center (314 B rue Principale, Mansonville, QC, JOE 1X0).

Arrangements entrusted to:

DÉSOURDY FUNERAL HOMES
101 Jean-Besré, Cowansville QC
PHONE: 450-263-1212
FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

Bone bruise occurs due to force on structure of bone



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

Dear Doctor: I tripped on a curb and hit the pavement pretty hard. I didn't break a bone, but after a few days, the area around my knee started to hurt and got very sensitive. I'm told this is a bone bruise, which is a term I've never heard. What is it, and how long will it take to heal?

Dear Reader: A bruise is a traumatic injury that results in localized damage to tissues within the body. And, although we're most familiar with bruises to the skin and soft tissues, it turns out that bones can sustain bruises as well. The concept of a bone bruise arose when sensitive scans, such as an MRI, made it possible to visualize subtle areas of damage to bone tissue that don't appear on an X-ray.

This type of bruise occurs when

some kind of force, such as your fall onto hard pavement, results in damage to the structure of the bone. You can also get a bone bruise playing contact sports, in a motor vehicle collision and from a physical altercation. Conditions such as arthritis, in which the ends of the bones are not protected, can also result in a bone bruise.

Also known as a bone contusion, a bone bruise is not as severe as a fracture. Instead of a complete break in the continuity of the bone, it is marked by a localized area of microfractures. Depending on the type and severity of the bruise, these can involve one or more of the three layers of tissue that make up our bones. Unlike in a fracture, however, which requires the bone to be stabilized in order to heal, someone with a bone bruise can usually continue with their daily activities.

Symptoms of a bone bruise include the pain and tenderness that you began to notice a few days after your fall. Direct pressure on the area often causes significant pain. Someone with a bone bruise may experience swelling or stiffness in the affected joint, the appearance of a hard lump, and changes to skin and tissue color. Diagnosis includes a physical exam and a detailed description of how the injury occurred. Although the damage from a bone bruise won't appear on an X-ray, your health care provider

may request one in order to rule out a fracture.

Treatment typically begins with resting the affected limb. This includes keeping it raised above the level of your heart for a few hours per day in order to reduce swelling. The use of a brace to limit range of motion may also be recommended. Over-the-counter medications, such as acetaminophen, are usually adequate for pain. You may be asked to increase the protein, calcium and vitamin D in your diet to promote healing. Smoking impedes bone healing, so you'll be advised to stop.

Because a bone bruise isn't readily visible, it can be tempting to ignore the injury as soon as the pain begins to fade. However, this can slow the healing process, which takes at least one to two months. If your bone bruise fails to heal, it's important to follow up with your health care provider.

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.)

Datebook

WEDNESDAY, SEPTEMBER 29, 2021

Today is the 272nd day of 2021 and the eighth day of autumn.

TODAY'S HISTORY: In 1789, the U.S. Department of War established a regular army, maintaining several hundred troops.

In 1916, The New York Times reported that John D. Rockefeller, the head of Standard Oil, was almost certainly a billionaire, the world's first.

In 1966, the Chevrolet Camaro debuted for sale in U.S. dealerships.

In 1988, NASA launched STS-26, the

26th Space Shuttle mission and the first since the Challenger disaster of Jan. 28, 1986.

TODAY'S BIRTHDAYS: Miguel de Cervantes (1547-1616), writer; Caravaggio (1571-1610), painter; Enrico Fermi (1901-1954), nuclear physicist; Greer Garson (1904-1996), actress; Gene Autry (1907-1998), singer/actor; Jerry Lee Lewis (1935-), singer-songwriter; Madeline Kahn (1942-1999), actress; Ian McShane (1942-), actor; Lech Walesa (1943-), labor leader/politician; Bryant Gumbel (1948-), TV journalist; Ann Bancroft (1955-), author/explorer; Russell Peters (1970-), actor/comedian;

Zachary Levi (1980-), actor; Kevin Durant (1988-), basketball player.

TODAY'S FACT: Miguel de Cervantes' "Don Quixote" is widely considered to be the first modern novel. It was initially published in two volumes in 1605 and 1615.

TODAY'S SPORTS: In 1951, NBC broadcast a college football game between Duke University and the University of Pittsburgh. It was the first live sporting event to be televised nationwide.

TODAY'S QUOTE: "The truth may

be stretched thin, but it never breaks, and it always surfaces above lies, as oil floats on water." – Miguel de Cervantes, "Don Quixote"

TODAY'S NUMBER: 777.68 – points lost by the Dow Jones Industrial Average on this day in 2008, following the bankruptcies of the financial services companies Lehman Brothers and Washington Mutual. It was the largest single-day point drop in history.

TODAY'S MOON: Between last quarter moon (Sept. 28) and new moon (Oct. 6).

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@sherbrookecord.com - They will not be taken by phone.

DEADLINES FOR DEATH NOTICES:

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

NEA Crossword Puzzle

ACROSS

- 1 Ms. Hagen
- 4 Playing card
- 8 See-through fabric
- 12 Beer container
- 13 Russian range
- 14 Tailor's need
- 15 Sooner than
- 16 "Don't bother!" (2 wds.)
- 18 Anwar of Egypt
- 20 Years and years
- 21 Engineer's place
- 23 Venomous reptiles
- 26 "Ditto"
- 29 "Kapow!"
- 32 Henri's landmass
- 34 Mild oath
- 35 - Wiedersehen
- 36 Gist
- 37 Comfy shoe
- 38 Brooklyn cager
- 39 "One For My Baby" singer

40 Novelist

- Levin
- 41 Lighten up
- 42 Tense
- 43 Struck silent
- 45 Type of doll
- 47 Tibetan ox
- 49 Expensive watch
- 53 Demarcated
- 58 Hot time in Paris
- 59 "Monday Night Football" ailer
- 60 Aloha, in Rome
- 61 Succeeded
- 62 Telephoned
- 63 TV chef Graham -
- 64 Court evidence, maybe

DOWN

- 1 Hilo guitars
- 2 Prefix for "trillion"
- 3 Like good brandy
- 4 Ruling group
- 5 Common verb
- 6 Mav's foe

Answer to Previous Puzzle

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

- 7 Swiss artist
- 8 Sketches
- 9 Jackie's second
- 10 Arroz - pollo
- 11 Result
- 17 Traipse
- 19 Scored well
- 22 Safari leader
- 24 Yearned (for)
- 25 Threw
- 26 Truck stop sight
- 27 Greek marketplace
- 28 Rain forest parrot
- 30 Shades
- 31 Later than
- 33 Online auction site
- 39 Toy building block
- 41 Red-waxed cheese
- 44 Staring at
- 46 Inner fire
- 48 Try for a field goal
- 50 X-rated
- 51 Collar style
- 52 Lucy Lawless role
- 53 German article
- 54 That, to Jaime
- 55 Hosp. employee
- 56 Even score
- 57 Sense of hearing

Love, Honor & Cherish



Congratulations from family and friends to Taven Bennett and Emily Potter. Married August 6, 2021 in Ottawa, Ontario. We wish you so much happiness. xoxoxoxo

Happy 65th Anniversary Laurence and Janet Bennett



Congratulations!

Laurence and Janet Bennett will have been married for 65 years on September 29, 2021. A card or note would be gratefully appreciated, the address is: 815 Ch. Sherbrooke, North Hatley, QC J0B 2C0. Lots of love from Susan, Allison, Taven, Emily, & Jesse xoxoxoxo

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	
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34					35					36		
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59					60					61		
62					63					64		

CELEBRITY CIPHER

by Luis Campos

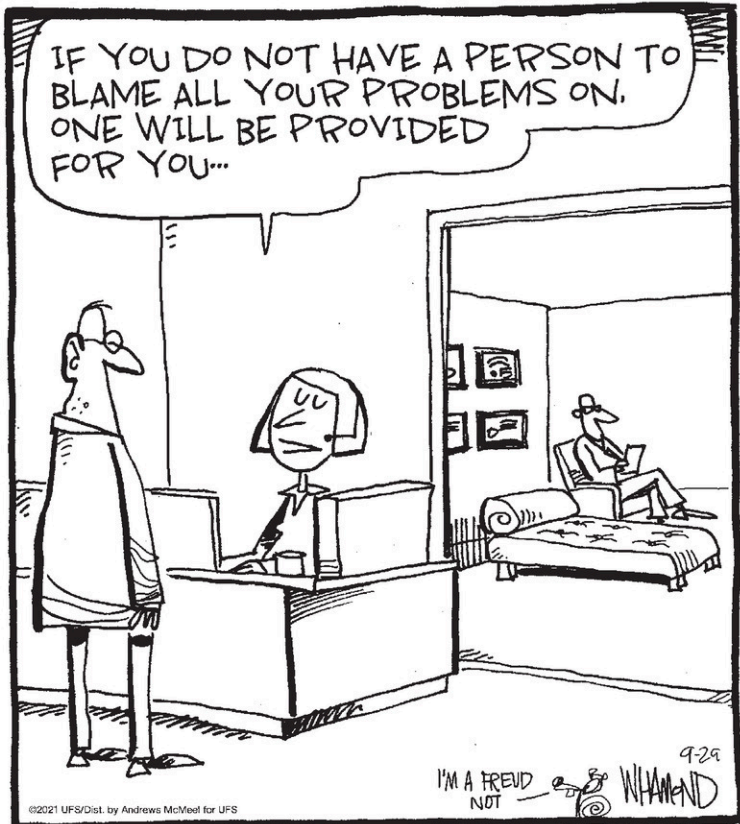
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“Y’U P CGUPZ, PZN Y’U
UGWEYNYUTZIYKZPW. YL Y API ECT
JTFLTHE LKFU KL PZDECYZM, Y’N
XT XKFYZM.” — CPWITD

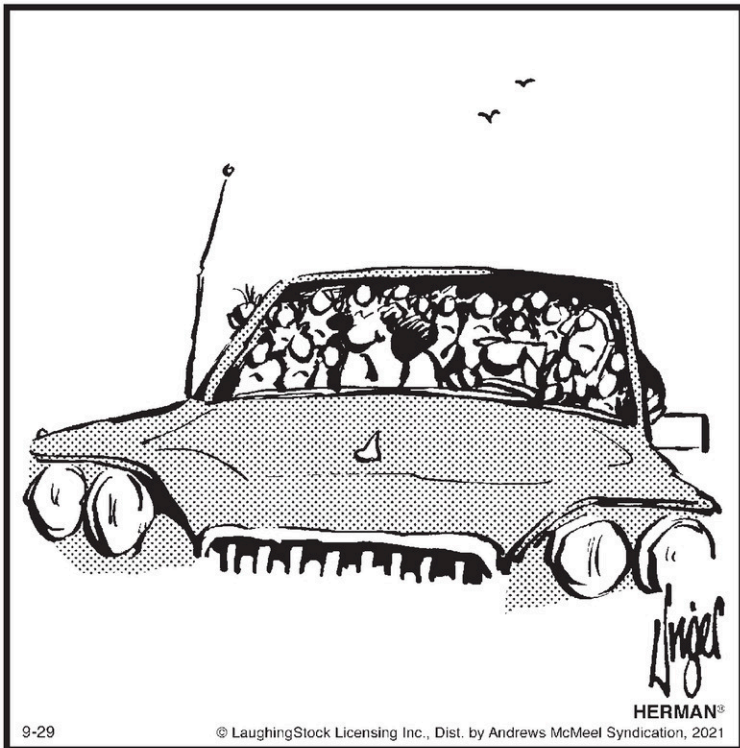
Previous Solution: “Let’s put it this way: I don’t have a good work ethic. I have a real casual relationship with hours.” — Janeane Garofalo

TODAY’S CLUE: 0 sjanba H

REALITY CHECK

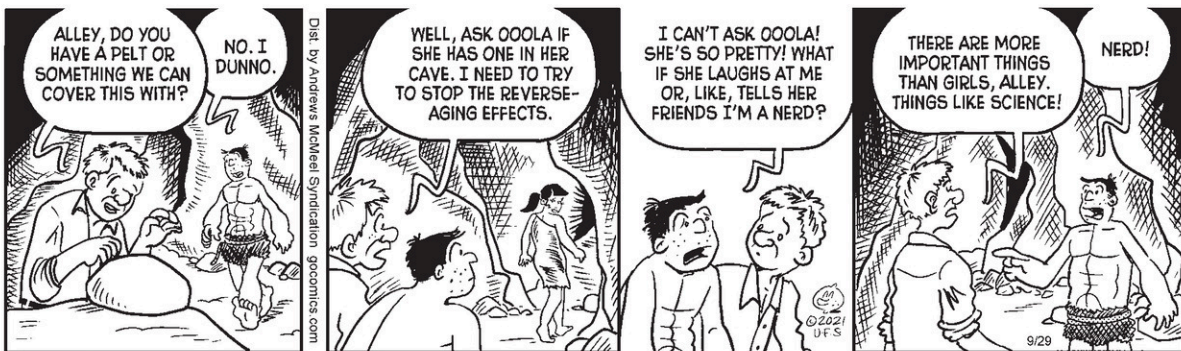


HERMAN



“You said we could get a bigger car when the triplets were born.”

ALLEY OOP



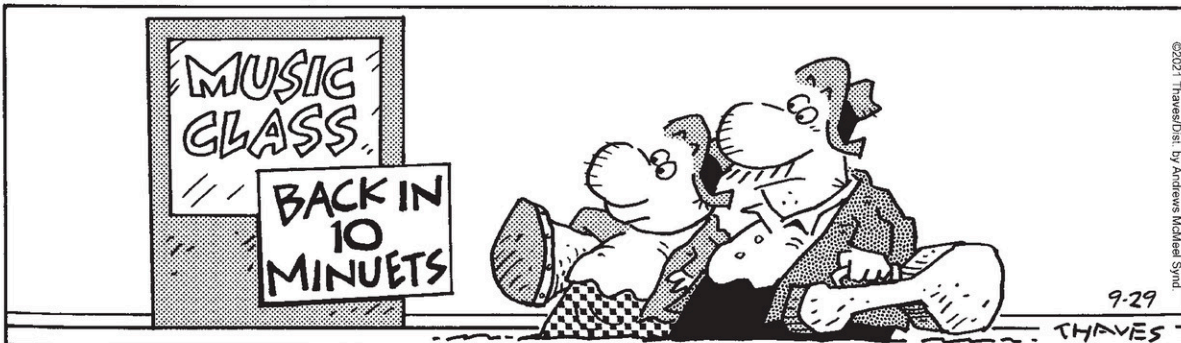
ARLO & JANIS



THE BORN LOSER



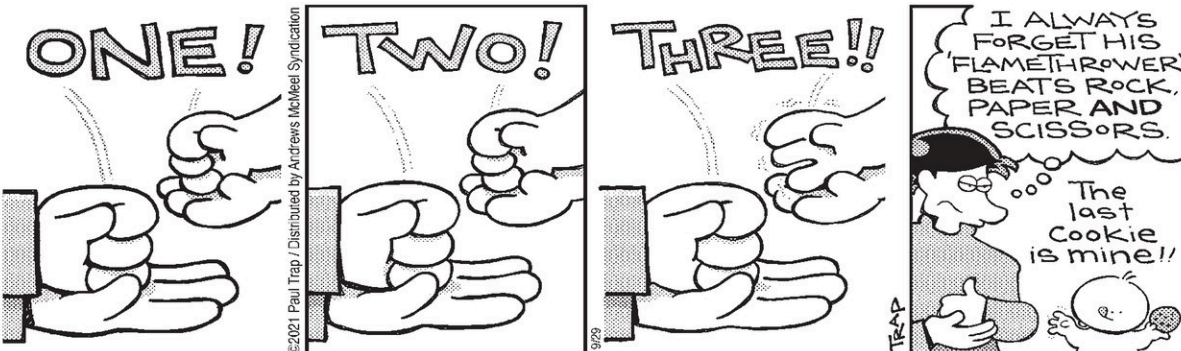
FRANK AND ERNEST



GRIZZWELLS



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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



PUBLIC NOTICE SUMMARY

The Ville de Sherbrooke would like to inform you that the following public notice has been uploaded onto its portal, at the following address: sherbrooke.ca/avispublics, on this day:

ZONING AND SUBDIVISION BY-LAW

Enter into force

By-Law No. 1200-146 – Amending the Zoning and Subdivision By-law No. 1200 of the Ville de Sherbrooke, zone RU1744, Cardinal-Lavigerie Street – Boroughs of Fleurimont and Lennoxville

Subject: The purpose of the by-law is to authorize the transformation of the property of the Missionnaires d’Afrique Pères Blancs, located on Cardinal-Lavigerie Street, into a long-term therapy center.

The By-law No. 1200-146 is in force from September 25, 2021.

This public notice and the related documents may be consulted on the Ville’s website at: sherbrooke.ca/avispublics. Additionally, you can get information on this public notice by calling 819-823-8000, ext. 5700, during regular business hours.

GIVEN IN SHERBROOKE, on the 29th day of September, 2021.

Éric Martel
 Assistant Clerk

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.

290 Articles for Sale

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**

Screen-addicted husband

Dear Annie

WEDNESDAY, SEPTEMBER 29, 2021

Dear Annie: I find your column to be informative and entertaining.

One subject that emerges often is the grieving of a loved one. I agree that acknowledging and allowing loss is an individual process and our pace should not be judged by others, except in the matter of compassion and support.

My personal concern is with grieving the loss of a loved one through dementia.

In many ways, my husband, mate, best friend, even handyman, is gone. He is not coming home from his long-term care residence, yet he is physically fit, present, healthy, sociable, fun and

engaging.

Friends and acquaintances see me as “just dandy” as I suit up, put on a happy face and participate in social activities, but I am not OK.

Having fun and being happy are surrounded by guilt.

It’s not the same as grieving the loss of a parent or grandparent.

Sometimes people say, “Oh, yes, my grandfather had dementia.” There is an expectation that our aging relatives have some degree of diminished ability. They are loved, respected and accepted.

But I have lost my hugs, foot-warmer, protector and friend, only to take on trying to do everything as before and trying to do more with less. I don’t fit

in the “singles” or “couples” category. The COVID-19 pandemic has added to this isolation.

I could use a helping hand with heavy lifting, auto and yard maintenance, and financial planning. Sure, there are goods and services available for these things, but not all of us have an unlimited expense account.

I hope my letter enlightens hearts and minds. – Dancing in the Rain

Dear Dancing in the Rain: Thank you for your beautiful letter. Your situation is difficult but not uncommon. My hope is that your message will help others know that they are not alone in the grief they feel for the person they once knew.

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

Send your classified to: classad@sherbrookerecord.com or call 819-569-9525



PLAINTÉ DISCIPLINAIRE NO. 46-15-006 AVIS DE RADIATION TEMPORAIRE

Prenez avis que le 22 août 2016 le Conseil de discipline de l’Ordre des psychoéducateurs et psychoéducatrices du Québec a imposé à Monsieur Bryan Pascal Rancourt, psychoéducateur, les sanctions suivantes :

Sous le chef 1 : L’imposition d’une radiation temporaire de deux mois;
 Sous le chef 2 : L’imposition d’une radiation temporaire de deux mois;

Le Conseil a ordonné que les périodes de radiation temporaire imposées soient purgées de façon concurrente.

Le Conseil de discipline a également condamné l’intimé au remboursement des déboursés de la cause prévue à l’article 151 du Code des professions.

Enfin, le Conseil a constaté la condamnation de l’intimé à l’égard des accusations criminelles décrites au chef 1 de la plainte et a déclaré que les infractions d’avoir proféré des menaces et d’avoir eu des communications harcelantes mentionnées au chef 1, pour lesquelles l’intimé a été trouvé coupable, ont un lien avec sa profession de psychoéducateur;

Monsieur Bryan Pascal Rancourt a été reconnu coupable d’avoir commis des infractions au Code des professions du Québec, tel qu’il appert de la plainte portant le numéro 46-15-006, déposée au greffe de discipline, le 14 décembre 2015.

La plainte disciplinaire ayant été portée contre l’intimé est ainsi libellée:

Chef 1 :

Le ou vers le 9 septembre 2015, l’intimé a fait l’objet d’une décision d’un tribunal canadien le déclarant coupable d’infractions criminelles, par jugement de l’Honorable Juge Hélène Fabi, de la Cour du Québec, chambre criminelle et pénale, dans le dossier no. 450-01-084758-130, à savoir :

« 1. Entre le 11 septembre 2013 et le 9 octobre 2013, à Sherbrooke, district de Saint-François, a agi à l’égard de XY dans l’intention de la harceler ou sans se soucier qu’elle se sente harcelée, en posant un acte interdit par l’alinéa 264 (2) du Code criminel, ayant pour effet de lui faire raisonnablement craindre pour sa sécurité ou celle d’une de ses connaissances, commettant ainsi l’infraction punissable sur déclaration sommaire de culpabilité prévue à l’article 264 (1) (3) b) du Code criminel »;

« 2. Entre le 11 septembre 2013 et le 9 octobre 2013, à Sherbrooke, district de Saint-François, avec l’intention de harasser XY, a fait des appels téléphoniques répétés, commettant ainsi l’infraction punissable sur déclaration sommaire de culpabilité prévue à l’article 372 (3) du Code criminel »;

lesquelles infractions ont un lien avec l’exercice de la profession de psychoéducateur, commettant ainsi une infraction aux dispositions de l’article 149.1 du Code des professions, L.R.Q., c. 26.

Chef 2 :

Au cours des mois de septembre à décembre 2015, l’intimé, exerçant sa profession à Sherbrooke, a omis d’aviser la secrétaire de l’Ordre des psychoéducateurs et psychoéducatrices du Québec qu’il avait fait l’objet d’une décision d’un tribunal canadien le déclarant coupable d’infractions criminelles dans le dossier no. 450-01-084758-130, commettant ainsi une infraction aux dispositions de l’article 59.3 du Code des professions, L.R.Q., c. 26.

Monsieur Bryan Pascal Rancourt est donc radié temporairement du Tableau de l’Ordre des psychoéducateurs et psychoéducatrices du Québec, à compter du 15 septembre 2021, et ce, pour une période de deux mois.

Montréal, ce 20e jour de septembre 2021.

Maria Gagliardi, avocate
 Secrétaire du Conseil de discipline de l’OPPQ

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

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PREVIOUS SOLUTION

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

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

Your Birthday

WEDNESDAY, SEPTEMBER 29, 2021

Look at every angle before you make a move. Putting caution first will save you from having to backtrack. A steady pace forward with comprehensive checklists will ensure that you make the most of your time. Communication will be crucial if you want to eliminate opposition from someone close to you. Focus on what's possible.

LIBRA (Sept. 23-Oct. 23) - Don't react prematurely. Let others do as they please, and you'll discover the best way to deal with a tricky situation. Observation and knowledge will help you do what's best for you.

SCORPIO (Oct. 24-Nov. 22) - Keep your emotions in check and take better care of yourself emotionally and physically. Do something that brings you joy and satisfaction. A creative project will ease your mind.

SAGITTARIUS (Nov. 23-Dec. 21) - Fix up your surroundings, but don't go over budget. Use your intelligence, and you will find ways to work with what you have instead of spending money unnecessarily.

CAPRICORN (Dec. 22-Jan. 19) - Premature actions will cause emotional turmoil. Rethink your plans; you'll find cheaper ways to improve your life without upsetting loved ones or taking on debt. Put your energy where it counts.

AQUARIUS (Jan. 20-Feb. 19) - Keep life simple; know when to say no, and don't make an unnecessary change because someone else does. Put your energy into personal improvement and taking better care of yourself.

PISCES (Feb. 20-March 20) - You are

heading in the right direction. Make a couple of changes based on the information you gather, and it will be easier to finish what you start without facing opposition.

ARIES (March 21-April 19) - Pick your target and stay on track. Refuse to let emotional matters distract you. A disciplined approach will help you overcome an intrusion. Don't share sensitive personal information.

TAURUS (April 20-May 20) - Don't let what others do rule your life. When uncertainty sets in, consider what you want to do instead of letting others call the shots. Live your dream and focus on what makes you happy.

GEMINI (May 21-June 20) - Set the standard, run the show and invest in your ability to lead the way. Show your dedication by leaving nothing to chance and striving to reach your target without a stumble. Let go of the past.

CANCER (June 21-July 22) - Let your mind wander and your instincts take the lead. Step out of the line of fire if someone unjustly targets you. Know when to speak up and when to keep things secret. Pay attention to detail.

LEO (July 23-Aug. 22) - Take care of what matters without complaining. Refrain from making unnecessary changes. Help a friend or relative who needs it. Handle sensitive issues with reassurance and warmth.

VIRGO (Aug. 23-Sept. 22) - A mix-up will occur if you let your emotions spin out of control. Put an emphasis on how you present who you are and what you have to offer. A change will turn out better than anticipated.

Nea Bridge

WEDNESDAY, SEPTEMBER 29, 2021

The robots can be inspired and inane

By Phillip Alder

Probably most of my readers have competed online over the last 18 months, perhaps playing with or against the robots at Bridge Base Online. Those robots can play brilliantly and stupidly, sometimes both in the same deal.

Today's is an example. But, first, look at the South hand. Robot West opens one club, North overcalls one diamond, and Robot East makes a negative double showing at least 4-4 in the majors. What should South do?

As is usually the case when an opponent has bid your long suit, you must pass on the first round. (Here, two clubs would show good diamond support, and three clubs would be a Mixed Raise: four diamonds, 7-9 high-card points and nine losers.) However, at one table a human South did not want to pass, so he advanced with one spade. West rebid two hearts, and after two passes, South bid a natural three clubs, which was passed out. (Three pairs bought it two clubs, 10 in three clubs and one in three spades - how should that get on?)

West did very well, leading a trump. Strangely, South won on the board and

North 09-29-21			
♠ 8			
♥ Q 8 7 3			
♦ A 9 8 5 3 2			
♣ A 4			
West			East
♠ A Q 10			♠ K J 7 6 2
♥ K 9 6 2			♥ A 10 5 4
♦ K J 4			♦ 10 7 6
♣ 10 7 2			♣ 9
South			
♠ 9 5 4 3			
♥ J			
♦ Q			
♣ K Q J 8 6 5 3			
Dealer: West			
Vulnerable: Both			
South	West	North	East
??	1♣	1♦	Dbl.
Opening lead: ♣ 2			

played a diamond to the queen. West won and weirdly did not play another trump, which would have resulted in down three. Instead, West shifted to the heart six, which was ducked to declarer's jack! West took the next trick with the spade 10 and led another heart! South trumped, ruffed a spade on the board, discarded a spade on the diamond ace, ruffed a heart, drew trumps and collected an overtrick for a cold top!

Three spades goes down if South gets two diamond ruffs.



Do you or a family member have doubts about the *quality of your hearing?*

Make an appointment for a **free*** hearing health consultation.

Marie-Josée Taillefer
Ambassador of Lobe clinics and of hearing health

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