

# Townships heading back to red

By Gordon Lambie

On Saturday afternoon, following weeks of steady increases and warnings that the region was on the wrong track, Quebec's Ministry of Health and Social Services announced that the Eastern Townships will be moved to the province's red alert level as of 12: 01 a.m. Monday, May 10. As a result, a series of new measures will come into effect, including the closing of restaurant dining rooms, the closing of gyms, the cancellation of all extracurricular activities in schools and hybrid in-person/online schooling for students in secondary 3, 4 and 5.

A complete listing of the restrictions for red zones can be found online at <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progressive-regional-alert-and-intervention-system/level-4-maximum-alert-red>.

The number of active cases in the Eastern townships climbed by 58 over the weekend, going from 495, to 553, with the number of new cases each day reaching levels not seen since January's lockdown. Of those active cases on Sunday, 208 were in the Granit region (which has been under emergency control measures since last week), 176 were in Sherbrooke, 40 were in the Val Saint-François, 38 were in the Coaticook area, 33 were in the Haute-Yamaska, 20 were in the Memphremagog area, 17 were in the Haut-Saint-François, 13 were in the la Pommeraiie area, and seven were in the Des Sources area. Despite the additional lockdown measures, the Granit region continues to be the area of greatest infection in the province in relation to its population. Within the Estrie administrative region, the next most serious area by that measurement is Coaticook, followed by the Val Saint-

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# Health and social services unions march for higher wages



MICHAEL BORIERO

By Michael Boriero

Dozens of union members from the Alliance du personnel professionnel et technique de la santé et des services sociaux (APTS) and the Syndicat des professionnelles en soins des Cantons-de-l'Est affilié à la FIQ marched to the CHSLD Argyll Friday morning.

The APTS and the FIQ, Fédération interprofessionnelle de la santé du Québec, represent a combined 136,000 members, give or take, across Quebec, the majority of which are women. They work as rehabilitation and nutrition specialists, nurses and nursing assistants.

CIUSSS de l'Estrie-CHUS APTS President Isabelle Mantha told The Record that they held a demonstration

to denounce the Quebec government's contempt for women working in health and social services. The public health sector has been steadily losing workers for years.

"People are attracted to the private sector because of the working conditions and the salary conditions [...] we need to recognize these workers and be certain that they don't leave us," said Mantha, adding that the population needs public health and social services.

The APTS represents roughly 4,500 workers in the Eastern Townships. According to Mantha, women make up about 86 per cent of the workforce. They want the government to recognize the important role women play in the health sector.

One way to do that is by increasing

base salaries in order to attract and retain workers, she explained. But it has never been an easy task convincing the government, Mantha continued, unlike her male counterparts.

"We always have to scream from the rooftops the importance we have on the population; we help humans every day," she said. "This is the hard part, it's over, we need a salary increase."

After several minutes ringing cowbells and chanting, "we want to talk to you," CIUSSS de l'Estrie-CHUS President and CEO Stéphane Tremblay came outside to address the union members. He said the whole team understands the situation, but his hands are tied.

"I hear your demands, I'm following, I've received videos, communications

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## Weather



TODAY:  
30 PER CENT  
CHANCE OF  
SHOWERS

HIGH OF 16  
LOW OF 6



TUESDAY:  
60 PER CENT  
CHANCE OF  
SHOWERS

HIGH OF 14  
LOW OF 4



WEDNESDAY:  
CLOUDY

HIGH OF 14  
LOW OF 3



THURSDAY:  
SUNNY

HIGH OF 19  
LOW OF 2



FRIDAY:  
CLOUDY  
PERIODS

HIGH OF 19  
LOW OF 4

# It's public market time for local producers!



## THE SCOOP MABLE HASTINGS

Some of you may have taken up gardening last year and if you did, likely your appreciation for freshly grown produce was born. There is nothing quite as sweet as carrots, lettuce, cucumbers and beans grown in ones own backyard going from dirt to the stove after a good wash and seasoning. For those who don't possess a green thumb nor the desire to get their hands dirty, the local public markets that are organized in so many towns in the spring operating weekly through to the fall are a welcome site and a must stop every Saturday morning. Well, it's that time of year again!

Local Potton producers will be displaying a variety of goods that often include: sale of ready to plant seedlings, first produce of the season vegetables, meat, fish, herbs, flowers, baked goods, maple syrup, honey, crafts and depending on the season, local honey, berries and more. Visit [www.potton.ca](http://www.potton.ca) or [www.facebook.com/Potton-en-Bref-Plus](https://www.facebook.com/Potton-en-Bref-Plus) for details and information or call Gwynne Basen at 450-292-0732.

The Public Market in Mansonville will open on May 22 (Saturday) and



PHOTOS COURTESY

James Eby and his wife, Joan Westland-Eby (Mayor of Bolton-Est) at Bolton Est Public Market operates weekly from 9 a.m. to 1 p.m. at the "Place de la Grange Ronde" Round Barn site in the middle of town, located just across from the Mansonville Catholic Church, where the retirees hold a weekly flea market in the basement of the church building with bargains and items galore.

The Bolton-Est Public Market (a market that has been operating online as well) will start meeting under the tents in Bolton-Est. For information visit <https://www.facebook.com/MarchePublicBoltonEst> This market boasts a variety of products and a warm, inclusive atmosphere where many gather each week to purchase the local honey products, breads and fresh produce including fresh farm eggs. Most will suggest a stop at the Saint-Etienne-de-Bolton Coop du Grand Bois Bistro for a delicious treat as well.

The markets are operating with Covid regulations and measures in

place. The safety and well-being of the community and vendors is always of utmost importance. It is best to check the information sources above if you need more information.

These public markets are designed to bring healthy, fresh and diverse produce to all who stop by. They provide a perfect opportunity for parents to teach their children about good, nourishing food choices as well as giving individuals with special dietary needs the access to a variety of in-season produce. Stopping by a public market allows local producers to bring their labour of love to the public. The continuity of local public markets thrives based on the support of those who stop by to purchase from the vendors. In a time when buying local is so needed, I encourage you all to include a stop by your local market or markets this spring, summer and fall.

## Back to red

CONT'D FROM PAGE 1

François. There were no new deaths in the Townships over the weekend, and changes to the number of people in hospital were only slight, with 34 hospitalizations and five in intensive care.

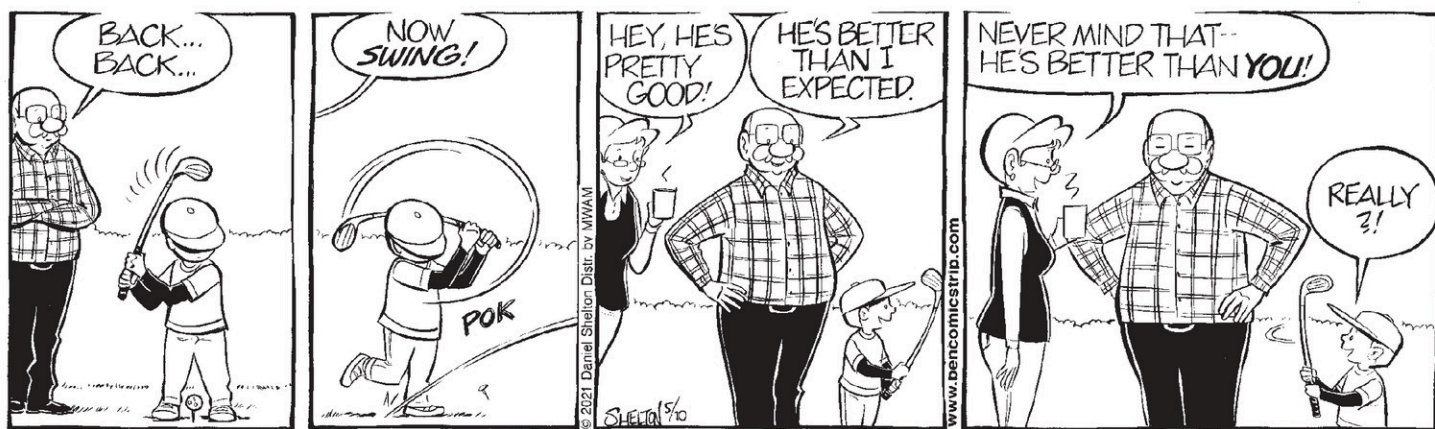
The story for the province as a whole, however, was more positive. The daily reports over the weekend were consistently under 1,000 cases, with 919 cases Friday, 958 on Saturday, and 960

on Sunday. As a result the total number of people infected since the start of the pandemic rose to 358,134, but the number of active cases in the province dropped to 8,519. There were 18 new deaths recorded over the weekend, but the number of hospitalizations and people in intensive care dropped to 539 and 124 respectively.

Today marks the beginning of what Health Minister Christian Dubé has taken to calling "the week of the youth" in the

provincial vaccination campaign. On Monday appointments open for those aged 30-34, followed by those aged 25-29 on Wednesday, with 18 to 24 year olds coming in on Friday. As of Sunday morning the province was reporting 3,718,074 doses administered across the province so far, accounting for a first dose in 41.9 per cent of Quebecers. In the Eastern Townships 211,634 doses have been administered so far.

## Ben by Daniel Shelton



# Local News

This year's Mother's Day box succeeded in raising \$9,200 for women's health initiatives funded by the foundation.

## Estrie Aide continues used bike sale, despite cancelling outdoor fair

By Michael Boriero

While Estrie Aide cancelled its annual outdoor bike fair, the non-profit organization has been slowly selling off its bike stock over the past two weeks.

According to Estrie Aide Communications Coordinator Alexandra Lallier-Cabana, they have about 250 bikes left; they started with roughly 450 bikes. They are not brand

new, she explained, but they are in relatively good condition.

"We've got about 15-20 bikes each day that come from the donation centre to here. It's easier for people to come here and they're reconditioned at the Véloterie," Lallier-Cabana said.

The Record spoke to the communications coordinator on Friday, the same day that Sherbrooke residents were encouraged to pass by in case they had lost their bike, or had

it stolen. Residents could claim a bike if they provided a valid receipt.

Lallier-Cabana told the newspaper that only a few people showed up to retrieve their lost or stolen bikes, out of nearly 80 bikes seized or recovered by the Sherbrooke Police Service. The remaining unclaimed bikes will go on the floor, she added.

It has been pretty quiet since Estrie Aide began its bike sale, which she chalks up to poor weather conditions.

It was gloomy outside for a while, Lallier-Cabana said, but as the weather gets hotter, she expects to see more people coming in.

There is also a major bike shortage in Quebec. Many bike shops in the Eastern Townships are low on stock, whether its frames, tires, or repair parts. The organization has available stock for Townshippers, and Lallier-Cabana has noticed more people are reaching out.

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## Another Sherbybox success



GORDON LAMBIE

By Gordon Lambie

Saturday was pick-up day for the fourth of the CHUS Foundation's Sherbybox fundraisers. Invented last year for Mother's Day, the model involved selling a curated box of local

products, with the proceeds going toward the work of the foundation and was duplicated for other holidays throughout the year. This year's Mother's Day box succeeded in raising \$9,200 for women's health initiatives funded by the foundation.

## March for higher wages

CONT'D FROM PAGE 1

and I listen, I read everything, but you have to understand that certain aspects are discussed at the table nationale," said Tremblay.

Many in the crowd were displeased with his response, calling it a safe, political answer to the demands issued by women in the health sector. Tremblay added that he doesn't have much say right now, the best he can do is wait.

One woman pointed out that Tremblay should back the workers and voice his opinion on the matter of raising salaries and creating better working conditions. The salary imbalance between men and women needs to end, she concluded to a roar of

cheers.

"I'm in regular contact with my colleagues in the health and social services ministry, my colleagues at the DYP, we share this reality, the message has been sent to the right level, and I'll leave the work on the table nationale," Tremblay said, responding to the woman.

APTS-Estrie National Representative Danny Roulx was also present at the demonstration. He said women just want to be treated as equals, and it won't happen unless the government starts to listen to its health and social workers.

He was happy that Tremblay

came outside, but his speech lacked commitment, Roulx continued. He believes that once they fix the working conditions, which starts with salaries, they will be able to stop the exodus to the private sector.

"What we're demanding is for days off to take care of each other, it's five per year, but the government is taking this away from us [...] and we're asking for a five per cent bonus for people working at DYP, which can change depending on experience," Roulx said.

Sherbrooke MNA Christine Labrie said it is difficult for Tremblay to take a position on the matter because he works for a government entity. However,

she added that the government has no choice but to listen to these workers now.

Health and social services working conditions have worsened, especially this year, Labrie said. The workforce is overworked, emotionally drained, and they are fed up. She plans to continue putting pressure on the government to return to the contract negotiation table.

"It's clear to me, we're seeing these workers leave, and they're leaving in poor health because of the working conditions, so if we don't improve these conditions, they're going to continue leaving and we're going to be unable to provide these services," said Labrie.

## Recupex clothing drive returns for year 25



GORDON LAMBIE

By Gordon Lambie

After having been cancelled in 2020 due to its coming in the early days of the COVID-19 pandemic, the L'Estrie met ses culottes clothing drive was back in force in Sherbrooke on the weekend. Now in its 25th year, the drive-through event invites people of the region to stop into the bus parking lot at Sherbrooke's Montcalm High School to drop off their used and work out clothing for fabric recycling company Recupex.

Although he was not able to say for sure, Recupex Executive Director Danny Roy, seen here with L'Estrie met ses culottes 2021 President Jean Perrault (left) and founding member Jacques Paquette (middle) speculated that the more than 550 donors who stopped by over the course of the day on Saturday may have set a new record in donations to the campaign.

Another major collection took place in Coaticook, with smaller events also set up in Austin, Lingwick, Wotton, Windsor and St-Isidore de Clifton.

# EDITORIAL

Gilles Lamontagne (1965-77) was elected as a federal Liberal and served in several posts in the Trudeau government.

## For many Quebec mayors, there is political life beyond city hall



PETER BLACK

The notion of “never say never” certainly was never on the mind of Régis Labeaume when he announced his exit last week as mayor of Quebec City come November, after a 14-year run. Rarely has a politician been so emphatic about putting an indelible X on their political career.

Still, there is a history of big political comebacks by Quebec politicians that would tend to suggest there’s a crack in the door for most elected officials who leave the halls of power.

Robert Bourassa famously returned to office in 1985 after he and the Liberals were ousted by the Parti Québécois in 1976. Pierre Trudeau returned from retirement to lead the Liberals back to power in February 1980 after his election loss to Tory Joe Clark the previous year.

Both, though, were still relatively young men, by Joe Biden standards, when they resurrected themselves politically; Bourassa was in his fifties and Trudeau had just turned 60.

Labeaume recently celebrated his 65th birthday and had a scary brush with prostate cancer a few years ago. The furthest he would commit to future plans is to say he wants to finally get some sleep. He said he is done forever with politics in every shape and form.

Were Labeaume in fact interested in making the leap to another level, federal or provincial, he would want to take counsel from a richly mixed record for former mayors. In Quebec City, for example, the three previous longest-serving mayors all had careers at other

levels of government either before or after their city hall stint.

Jean-Paul l’Allier (1989-2005) had been a minister in Bourassa’s first Liberal government. Jean Pelletier (1977-89) ran unsuccessfully for a federal Liberal seat after he left city hall but ended up as a top advisor to his friend, then-prime minister Jean Chrétien.

Gilles Lamontagne (1965-77) was elected as a federal Liberal and served in several posts in the Trudeau government, notably, for the Second World War bomber pilot and prisoner of war, minister of defence.

The ultimate mayoral shape-shifter, though, is Montreal’s political chameleon Camillien Houde, among whose remarkable deeds was having served at all three levels of government, indeed serving at two levels at once.

Houde was simultaneously mayor of Montreal and the Conservative Party MNA for a constituency in the impoverished area where he grew up. He became leader of the Conservatives in 1931, while still mayor, but lost the election and his seat.

He won the federal seat of Papineau - yes, Justin Trudeau’s current riding - in 1949, running as an independent. He did this about half-way through his longest continuous stretch as mayor, from 1944-54, after which he retired from city hall and was succeeded by Jean Drapeau, his only Montreal mayoral rival in terms of flamboyance, ambition and longevity.

“Dual mandates” were far from uncommon. Some 300 Quebec mayors also served in the legislature until the practice was banned in 1980. Simon-Napoléon Parent was mayor of Quebec City and premier of Quebec at the same time in the early 1900s.)

Among the countless tales of Houde’s long years at centre stage in politics, was how he had shared a laugh with the visiting King George VI in 1939, when, noting the cheering throng at city hall, quipped: “You know, your majesty, some of this is for you.”

Scarcely a year later, Houde, who sympathized with the fascists of Italy



as kindred Catholic spirits, found himself arrested for his opposition to conscription and interned in a prison camp for four years. Four months after his release in 1944 he was elected mayor again in a landslide.

Although few are in the same league as Houde and Drapeau, Quebec has had many larger-than-life, colourful and controversial mayors over the years - Saguenay’s Jean Tremblay comes to mind.

Quebec is also home to one of the

country’s longest-serving mayors, Jean Mongrain, who has been hizzoner in the Mauricie village of Trois-Rives since 1981. No word yet whether the 89-year-old plans to re-up for an 11th term.

Though Labeaume’s stint at Quebec City seems like a blink of the eye in comparison to Mongrain’s, beyond his mighty works as mayor, he can at least claim some satisfaction - or bemusement - from outlasting no less than five mayors of Montreal.

## Letters

### What kind of Mother’s Day is it for women in the health and social services network?

DEAR PREMIER LEGAULT:

I never imagined that one day I would be writing an open letter about Mother’s Day to alert you to the impact of your decisions.

Like all mothers in Quebec, I would have liked to spend time with my family, but the pandemic that is raging across the planet has decided otherwise. At the same time, you have made choices that also will keep me from enjoying this day. Why? Because we all are exhausted, disappointed, angry and more.

When I chose to work in the public sector, I did not expect to be treated like this, to have to fight for my employment contract, to feel exploited, to be relocated, and to go unrecognized in my daily tasks.

Thus far, your government has chosen not to take us seriously or consider our opinions. They have decided to gag us by ministerial decrees, and to prevent us from sharing our reality with you in an attempt to improve the situation.

They have made people believe that we are angels while clipping our wings, because they have not been there for us as they have for other workers in essential sectors.

Who am I? I am a beneficiary attendant, an administrative officer, a health and social services assistant, a nurse, a specialized educator, a social worker, a physiotherapy technologist,

an occupational therapist, a medical device reprocessing technician, a housekeeping attendant, a service helper, a food service attendant, a laundress, a medical secretary, a psychologist, a rehabilitation assistant, a speech therapist... I am one of the women who work in the shadows day after day.

Like all the women in the network today, I am afraid of risking my mental health, of being vulnerable, of no longer being able to judge my limits, and of being even more than usually overloaded psychologically because I am a woman. And because I am a woman and not just a mother, I am allowing myself to speak out in the hope that you will listen to us, that you will take us seriously, that you will remember the role we play in society.

On this Mother’s Day when I should be celebrating happily with my children, I do not have the strength, the time or the ability to balance my job with my family responsibilities. I no longer even have the strength to believe that you will recognize that health and social services workers are a priceless treasure.

SIGNED:  
THE CPAS WOMEN’S COMMITTEE (CUPE-FTQ), IN THE NAME OF GRANDDAUGHTERS, FRIENDS, SISTERS, AUNTS, COUSINS, CONFIDANTS, DAUGHTERS, NEIGHBOURS, MOTHERS, GRANDMOTHERS AND CAREGIVERS WORKING IN THE HEALTH AND SOCIAL SERVICES NETWORK

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# Ayer's Cliff landscape architect pioneers solar energy industry

By Taylor McClure  
Special to The Record

The use of solar heat as a source of renewable energy is not unheard of in Quebec and this is due to various pioneers in the industry dating back to the 1970s, including a man named Nick Nicholson from Ayer's Cliff.

After moving from Long Island to Ayer's Cliff at the end of the 60s, Nicholson noticed that he had hot water in a shower that he had built outside his home, but this shower was not connected to a hot water heater. Rather, the pipe that brought water to his shower was aboveground and the sun was warming it. As a trained landscape architect, Nicholson quickly became interested in solar energy and his grassroots projects put Quebec and the Eastern Townships on the map for developing the use of solar energy in Canada.

Not long after Nicholson discovered that the heat from the sun was warming up the water that travelled to his shower, he worked with a friend on a solar herb dehydrator. When they went to check the temperature in the heater, the thermometer broke. They thought that it was something to do with the thermometer, but the second one also broke, leading Nicholson to understand the power of solar energy.

He quickly got to work on his first solar project around 1974 building a solar powered home that served as his office known as Solar 1. By 1978, Solar X, his tenth solar house, was built. The home that he shared with his family was also heated by solar energy.

His system depended on a solar collector, which was built into the southern side of the house, and the wall needed to be vertical or slanted. The collector gathered the heat from the sun and it passed over stone. The stones hold the warmth and then it is transmitted by air or water.

After Solar 1 was built, it was open to the public but Nicholson couldn't handle the number of visitors. He

decided to publish a newsletter and eventually a catalogue, The Nicholson Solar Energy Catalogue and Building Manual, that explained step by step how to incorporate a solar energy system into a home.

His intention in developing solar heat as a source of renewable energy was to help overcome the energy crisis the world was facing and he truly believed that it would make a difference if he developed a simple method that allowed people to bring solar energy into their home on their own.

He did not believe in commercializing the industry and making a profit off something that could be done at a low cost, independently, and using basic materials.

His first solar project garnered much attention and his expertise took him across the country. He started doing lectures, workshops, further research, and consultations on various solar projects across the country. He was also featured in a film titled The Solar Frontier.

When The Record interviewed him on Feb. 1, 1978, he stated that there were more solar energy homes in Quebec than any other province and one of the homes on his property was sponsored by a grant from the National Research Council, a federal organization, reflecting how important his work was. At the time, he was consulting on three homes in Stanstead, Shawinigan, and a 32-unit apartment building in Charlottetown, PEI where he eventually completed the largest air-based solar system in the world.

In 1979, Nicholson started a new project called the Ayer's Cliff Centre for Self-Sufficiency, the first building in the entire world that he said was to be heated by his newest system which warmed the floors of the building.

The Ayer's Cliff Centre for Self-Sufficiency was meant to serve as an information centre with reference libraries, a mini-solar science museum with models of different solar systems, handicraft displays, and a little



RECORD ARCHIVES

Nicholson's Solar X

restaurant with organic food.

Nicholson applied his new concept to the building which involved using radiant heat, which allows for the use of solar energy at lower temperatures. Nicholson provided this explanation to The Record in 1979: "You would put aluminum foil in the floor joists and throw solar heat between them. Since the walls wouldn't be heated, the floor would be heated at 90 degrees F (...) the whole floor becomes the heat transfer. It will be more comfortable than blasting yourself with hot air that shuts on and off." The heat from the floors then rises to the ceiling to keep the space warm.

Readers may be wondering if the Ayer's Cliff Centre for Self-Sufficiency ever came to be.

Well, in the Nov. 22, 1979 edition of The Record on page 12, it is mentioned that Bill Andrews, Engineering Assistant with the centre, was scheduled to give a lecture on the latest developments in solar energy, which suggests the building was in fact constructed.

That same year, Nicholson started building Autonomous House, designed

to be 80 per cent self-sufficient using solar, earth insulation, wood, and new building materials.

He installed solar panels that collected the sun's heat and transmitted it to a heat storage bin. Rocks, water-filled receptacles, and salt wafers stored the heat for later as fans blew the warm air throughout the house.

Its large windows were covered by a sloping roof that allowed the low winter sun to enter but kept the high summer sun out. He also used photovoltaic cells to create electricity from the sun to power the fans to blow heat throughout the house; this was apparently the first time these types of cells were used in this manner.

The Autonomous House project and Nicholson were mentioned Record archives throughout the 1980s, but we have not been able to find a follow up as to what happened to Nicholson and if he continued to do other projects.

Does Nick Nicholson's story ring any bells for any Record readers? Do you have any memories of Nick Nicholson? If so, let us know by sending an email to newsroom@sherbrookejournal.com.

## Bike sale

CONT'D FROM PAGE 3

"I have a lot of messages on Facebook asking for bikes, bikes for kids, even adults looking to find a bike because they're so expensive these days," she said.

Bikes can go from \$45 to \$120, Lallier-Cabana explained, it just depends on the model and its condition when it is donated to the organization. However, the bike technicians at Véloterie, hidden inside the donation centre, strive to rehabilitate each bike.

Ivan Zamora is in his second spring season working at the organization's bike maintenance shop. He told The Record that people often come in seeking new bikes with new technology, like the electric bikes on the market.

But they don't offer those types of bikes unless they get them as a

donation. Zamora added that the bikes they have on hand are still reliable, they are just not top of the line. People are starting to return, though, due to the province-wide shortage.

"What I've noticed is people who were looking for those expensive bikes, I think after two or three weeks now they're coming back because there's none, even if you have the money," said Zamora.

The Véloterie, like other bike shops in the area, is going through a drought in materials. However, it's not as bad as Zamora expected. In fact, according to the bike technician, many smaller shops are passing by to see if they can purchase repair parts from them.

Zamora even pointed to a wall full of tires, which is a coveted item these

days. But he also added that, while he does a complete tune-up, fixing breaks, greasing chains, adjusting alignments, he doesn't actually replace many parts, unless clients provide their own.

The problem Estrie Aide's bike shop faces today is storage space. They received more bikes than they could have imagined this year, Zamora said. People were stuck inside, clearing out unwanted items, and that led to getting rid of old bikes.

He joked that perhaps they donated their old bikes a bit too quickly, given the current situation. They expected to find a new bike for themselves and their children. The Véloterie currently has about 439 adults bikes, with room for 500 in total.

"It was more this winter, it was crazy,

we had at least 10 per week coming in," he said. "At that time they didn't know [a shortage] was going to happen and it was winter, they were inside."



MICHAEL BORIERO

**Even once vaccinated,  
you still need  
to protect yourself.**



**Votre**   
gouvernement



**Let's work together to keep respecting health measures  
so we can protect each other.**

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Québec 

# Datebook

MONDAY, MAY 10, 2021

Today is the 130th day of 2021 and the 52nd day of spring.

**TODAY'S HISTORY:** In 1837, after months of economic downturn, several New York banks refused to convert paper currency to gold or silver, setting off the Panic of 1837.

In 1869, a golden spike was driven in Promontory, Utah, in ceremonies marking the symbolic completion of the U.S. transcontinental railroad.

In 1940, Winston Churchill was appointed prime minister of Great Britain following Germany's invasion of France, Belgium and the Netherlands.

In 2013, the spire of One World Trade Center was completed, making it the tallest skyscraper in the

Western Hemisphere.

**TODAY'S BIRTHDAYS:** John Wilkes Booth (1838-1865), actor/assassin; Fred Astaire (1899-1987), singer/dancer/actor; David O. Selznick (1902-1965), film producer; T. Berry Brazelton (1918-2018), pediatrician/author; Pat Summerall (1930-2013), football player/broadcaster; Donovan (1946- ), singer-songwriter; Bono (1960- ), singer-songwriter; Linda Evangelista, (1965- ), supermodel; Kenan Thompson (1978- ), actor; Odette Annable (1985- ), actress; Salvador Perez (1990- ), baseball player.

**TODAY'S FACT:** When Prime Minister Neville Chamberlain's government fell in 1940, King George VI himself summoned Winston Churchill to Buckingham Palace and asked him to form a

government.

**TODAY'S SPORTS:** In 1970, Bobby Orr of the Boston Bruins scored the game-winning goal in sudden-death overtime to give Boston the Stanley Cup title over the St. Louis Blues.

**TODAY'S QUOTE:** "To be one, to be united is a great thing. But to respect the right to be different is maybe even greater." – Bono

**TODAY'S NUMBER:** 140,000 – miles of freight railroad track currently in operation in the United States.

**TODAY'S MOON:** Between last quarter moon (May 3) and new moon (May 11).

## Be sure to check for ticks to avoid disease



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

**Dear Doctor:** I read about a family whose little girl got paralyzed by a tick. How does that happen? There are a lot of ticks where we live, and even though we're careful, somebody gets bitten every summer. Is getting paralyzed something new we have to worry about?

**Dear Reader:** There's no denying that ticks are a problem throughout the world. These tiny arachnids, which feed on human and animal blood, are even present in Antarctica, where penguins and nesting seabirds become their hosts.

Although most of the estimated 900 species of ticks worldwide don't pose a health threat to humans, the handful that do can spread some nasty diseases via their bites. Perhaps the best known of the dozen or so tick-borne illnesses that are most common in the U.S. is Lyme disease, which is transmitted by the blacklegged tick. Many tick-borne diseases are caused by bacteria and can often be treated successfully with antibiotics. But because ticks are so small – even the minuscule nymphs can cause illness – and because symptoms often overlap with a range of diagnoses, the challenge often becomes identifying the disease and its source.

Among tick-borne illnesses is tick paralysis. It's a frightening syndrome that tends to get a lot of media attention whenever a case becomes public. The good news, though, is that, while it's a concern in livestock, tick paralysis is actually uncommon in humans. When it does occur, it's seen more often in children than adults. And although tick paralysis is rare, it has the potential to be fatal, so a timely diagnosis is crucial.

The syndrome occurs due to the release of a neurotoxin discharged by the tick's salivary glands during a bite, most often from a female tick, and usually when she has been attached for several days. And because tick paralysis is chemically induced, removing the tick is the key to reversing the syndrome. When someone from a tick-dense area develops the characteristic symptoms of this syndrome, they should be closely examined for ticks, especially on the scalp and at the hairline, in the armpits, and in the pubic area. In the U.S., the American dog tick and the Rocky Mountain wood tick are the most common cause.

Symptoms begin in the lower extremities and then gradually begin to ascend. They can also include unusual or unexplained fatigue, muscle aches and sensations of tingling and numbness. As paralysis begins to set in, motor control is affected. This causes the person to begin to trip or stumble when they walk. If the attached ticks are not found and removed, paralysis will continue to move upward, affecting the trunk and upper extremities. If it continues unchecked, facial paralysis, which includes the tongue, can occur. In the most extreme cases, convulsions and respiratory failure can lead to death. Within 24 hours of removing the tick, the paralysis typically begins to subside.

Wherever you live, and even if you only go out into the yard, always inspect yourself and your children thoroughly for ticks. Prompt removal can prevent not only tick paralysis, but also other tick-borne diseases.

*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.)*

**THE RECORD**

**Student reporter opportunity**

The Record, the Eastern Townships only English-language daily newspaper, is seeking a summer student reporter to cover news and events during the summer for its daily publication situated in Sherbrooke, Quebec.

The ideal candidate will be a bilingual student with exceptional English-language writing skills who is able to work autonomously under the direction of the editor. The candidate should have access to a vehicle. A cursory knowledge of the Eastern Townships and issues facing the minority language community would be considered an asset.

Interested candidates should send a cover letter with a sample of their writing and resume to

**Sharon McCully, Publisher, The Record**  
at [outletjournal@sympatico.ca](mailto:outletjournal@sympatico.ca)

## RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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

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

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

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**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](mailto:classad@sherbrokerekord.com) - They will not be taken by phone.

**DEADLINES FOR DEATH NOTICES:**

For Monday's paper, email [production@sherbrokerekord.com](mailto: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](mailto: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.

# NEA Crossword Puzzle

# Your Birthday

MONDAY, MAY 10, 2021

Answer to Previous Puzzle

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

- ACROSS**
- 1 Air France destination
  - 5 Near the stern
  - 8 Tarboosh
  - 11 Spunky movie princess
  - 12 Gift tag word
  - 14 Kimono sash
  - 15 Douse a donut
  - 16 Type of jacket
  - 17 Actor — Perlman
  - 18 Tea variety
  - 20 Not recognized
  - 22 Diamond stat
  - 23 Military force
  - 24 Rock shop curiosity
  - 27 Piece of information
  - 29 Bravo, in Spain
  - 30 Sitcom about the Connors
  - 34 Mount Vernon site
  - 37 Conditions
  - 38 Mislaid
  - 39 Mac maker
- DOWN**
- 41 Stow
  - 43 Tavern order
  - 44 No-goodnik
  - 46 Leaf of grass
  - 49 State further
  - 50 Well-groomed
  - 52 Zoo barrier
  - 54 Family mem.
  - 55 She, in Paris
  - 56 “— cost you”
  - 57 Ben & Jerry rival
  - 58 Private’s word
  - 59 Face powder base

- 8 Online feature
- 9 Lustrous black
- 10 Insult wittily
- 13 Threaten
- 19 Prospector’s find
- 21 Young lady of Sp.
- 24 State VIP
- 25 O.T. judge
- 26 Poet’s contraction
- 27 Pate de — gras
- 28 Actor — Butterfield
- 30 Med. personnel
- 31 Tweak
- 32 Steelers org.
- 33 Compass pt.
- 35 Tall flower
- 36 Common antiseptic
- 39 Matterhorn
- 40 Allow
- 41 Put cargo on board
- 42 In a strange way
- 43 Fall flower
- 44 Make public
- 45 Ocean dwellers
- 47 Theta follower
- 48 Audacity
- 51 “Rope-a-dope” boxer
- 53 Patient’s need

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		

Focus, maintain stability and build a secure foundation for the future. A steady, relentless pace will serve you better than trying to cut corners. Personal and professional improvements take planning, strategy and dedication. Embrace change. Designate time to explore new beginnings.

**TAURUS (April 20-May 20)** – Put your knowledge, experience and dedication to the test. Take on a challenge. Don’t let rigidity hold you back. Be open to suggestions and willing to try something new. Moderation is encouraged.

**GEMINI (May 21-June 20)** – Don’t hide your feelings. It’s important to let people know how you feel and what your expectations are. If you want change to happen, you may need to give someone a nudge.

**CANCER (June 21-July 22)** – Don’t rely on anyone but yourself. Don’t buy into a grandiose plan someone presents to you. Moderation and strategic planning will get you where you want to go on time and within budget.

**LEO (July 23-Aug. 22)** – Concentrate on what you can accomplish. Use charm to win the support of people you can count on to help you reach your goal. Romance is favored, and you will become much closer to a loved one.

**VIRGO (Aug. 23-Sept. 22)** – A change will be enlightening. Observe what’s going on around you, and work to ensure you don’t get left behind. You don’t have to overspend to get ahead. Update your skills.

**LIBRA (Sept. 23-Oct. 23)** – Dedication

and persistence will help you get ahead. Refuse to let anxiety lead to an unnecessary argument with a friend, relative or colleague. Put your time and effort where it counts.

**SCORPIO (Oct. 24-Nov. 22)** – Involvement in situations that need close monitoring will leave you at sea when you have to make a decision. Let your intuition be your guide, and you will find the right path.

**SAGITTARIUS (Nov. 23-Dec. 21)** – Pay more attention to your relationships. Indulgent behavior will lead to trouble. Find common ground, and you will avoid an argument. Choose to be amicable, not argumentative.

**CAPRICORN (Dec. 22-Jan. 19)** – Strive to make changes that are within your budget. Consider what you can do to cut costs. An intelligent approach to situations that may involve your health will help you avoid a setback.

**AQUARIUS (Jan. 20-Feb. 19)** – Put your feelings aside and consider what others are going through before you make a move. It’s always best to find out what’s going on with those around you before you voice your opinions.

**PISCES (Feb. 20-March 20)** – Consider your financial options. Connecting with people from your past and exploring and expanding skills are encouraged. Discipline and hard work will boost your reputation.

**ARIES (March 21-April 19)** – You’ll have some terrific ideas, but don’t go overboard. Consider your resources and capabilities, and find a way to stay within budget. To do things properly, go slowly.

MONDAY, MAY 10, 2021

## Move halfway around the table

By Phillip Alder

Two weeks ago, we looked at opening leads. Now let’s move to the other side of the table and study some problems faced by the third hand at trick one.

First, the most basic agreement. Suppose partner leads a fourth-highest club two, and dummy has three low clubs. You hold Q-J-3 of clubs. Which club should you play?

There is only one right answer: the jack. When going third hand high, so you might even win the trick, play the bottom of your equal cards. Why? Suppose partner has the king and declarer takes your jack with the ace. If it is beyond your partner to work out that you must have the queen, get a new partner before the next trick begins! Why would declarer win the jack with the ace if he could have taken the trick with the queen?

That isn’t always the end of the defense, though – as in this deal.

South had a close decision after his partner’s two-spade raise. He knew from West’s double that the opposing high cards would be badly placed, but South understandably felt that he had too much to pass.

West guessed well to lead the club two. (One could imagine a layout where the diamond nine – top of nothing – would work out better.) South won East’s jack with the ace and continued with the spade jack. Reading the position well,

North				05-10-21
♠	Q 9 5 4			
♥	J 6			
♦	K 7 5 4			
♣	9 8 4			
West		East		
♠	A 2	♠	6 3	
♥	A Q 3	♥	9 8 5 4 2	
♦	9 8 6 3	♦	J 10 2	
♣	K 6 5 2	♣	Q J 3	
South				
♠	K J 10 8 7			
♥	K 10 7			
♦	A Q			
♣	A 10 7			
Dealer: South				
Vulnerable: East-West				
South	West	North	East	
1♠	Dbl.	2♠	Pass	
2NT	Pass	3♠	All Pass	
Opening lead: ♣ 2				

West went in with his ace, cashed the club king and continued with a low club to East’s queen. Then East shifted to the heart nine, giving the defenders five tricks: one spade, two hearts and two clubs.

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### CELEBRITY CIPHER

by Luis Campos

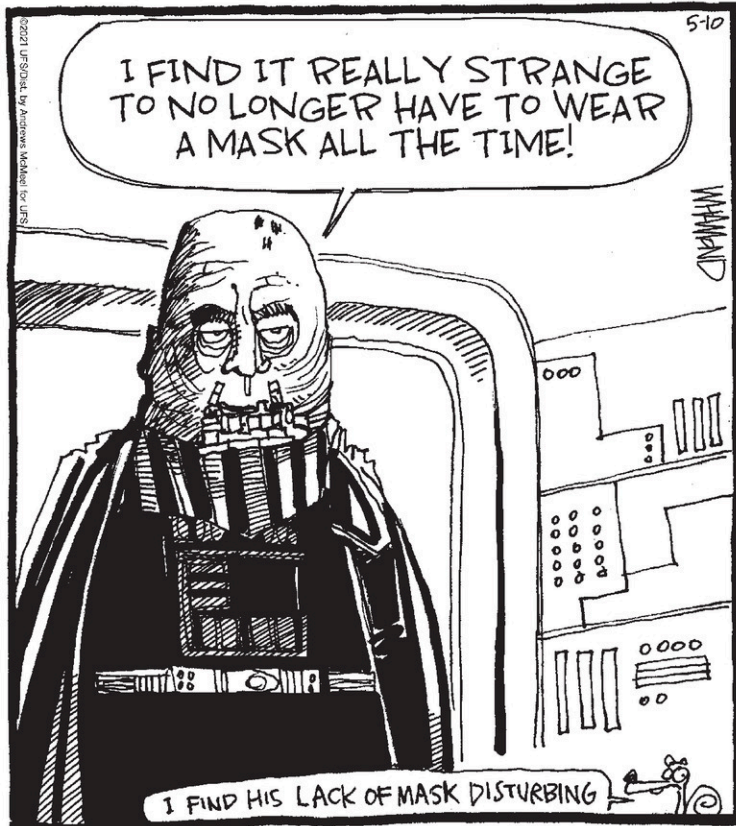
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" O Z A V W R V F I W V N A V R J V F H A R  
F C W Y T Y V X X R T J B T N H W R J B , H A R  
O I X V O T F N I P V F , M C N W V U R Y V W V X  
G W R O N A V O . " — M R J R

Previous Solution: "The most important jewels that will ever be wrapped around your neck are the arms of your children. Good job, Mamas." — Pink

TODAY'S CLUE: *o s t e b e l j*

### REALITY CHECK



HERMAN



### ALLEY OOP



### ARLO & JANIS



### THE BORN LOSER



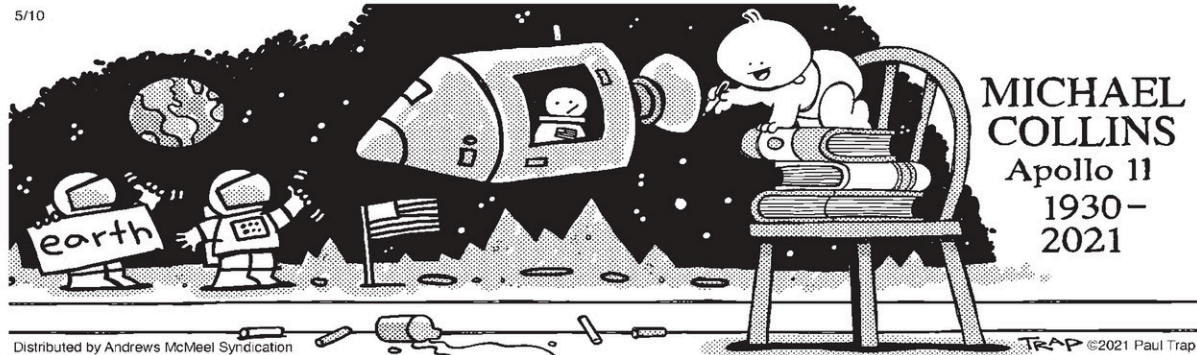
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Deadline: 12:30 p.m. one day prior to publication  
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# Concerned for grandchild's health

MONDAY, MAY 20, 2021

Dear Annie

Your grandson and your daughter need love and support. Once you show that you are on their side, not sitting in

Dear Annie: My 32-year-old daughter is not watching my 10-year-old grandson's diet and is allowing him to become overweight. When I brought it up, she replied in a very defensive manner that she does not want him to be self-conscious or concerned about how he looks. I was taken aback by this comment and her tone, and I walked away from the conversation because I could tell I had hit a nerve.

She also allows unlimited screen time and video games. This is another subject of great concern to me, but she doesn't think anything of it.

I worry about my grandson's classmates calling him hurtful names. And I worry about his overall health.

I feel helpless, and my heart breaks for him. All I can do now is pray and, during the infrequent visits, do the best I can to provide him healthy food and daily exercise.

I gather some of the weight gain is due to emotional eating. He has told me that my daughter puts a lot of responsibility on him as the oldest of four. He is responsible while she and her husband rest in their room. She is the sole provider. Her husband, my grandson's stepdad, has been unemployed going on one year. Do you have any suggestions for how to improve things? - Frustrated Grandmother

Dear Frustrated Grandmother: Your daughter has quite a lot going on. Four children and an unemployed husband is no easy feat. I'm not sure why she and her husband rest in their room, but you might want to see if depression is at play. What your daughter needs is help, not criticism. You are correct that if your grandson were to weigh less, you could probably save him from some hurtful name-calling. And your daughter is right to keep the focus off your grandson's looks. But the focus should be put on his health, as lasting weight changes come from the inside out.

the judge's chair, you can really help. Grandparents can have a very positive influence on their grandchild. It sounds like your grandson feels a special bond with you, and you can cultivate that if you try and visit more frequently.

Unlimited screen time has been known to contribute to weight gain, whereas things like team sports are a great way to make friends, get off the screen and improve health. Ask your daughter whether she would like help signing your grandson up for sports leagues or taking him to these activities.

Dear Annie: I have been with my husband for 40 years and married for 30 of them. I recently found out he has a son two months younger than our son. He says he didn't know about the child until months after the child was adopted and claims he really didn't believe the woman was pregnant.

I am devastated and unsure of how I should move forward. I feel our entire life was a lie.

He says he is sorry and wants to work past this. It turns out that he was cheating on me with this woman for at least four years. He said it was only sex and nothing more.

We were young when we started dating - I was 18, and he was 19. I know this happened 30 years ago, but I just found out. What do you suggest we do to get past this? - Devastated in PA

Dear Devastated in PA: Wow, I am so sorry you are dealing with this. The news is certainly traumatic. Your husband's apology and desire to stay together is a good starting point for moving forward, but you will need time and support for this wound to heal. I recommend seeing a licensed marriage counselor together.

Send your questions for Annie Lane to [dearannie@creators.com](mailto:dearannie@creators.com).

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

5/10

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## PREVIOUS SOLUTION

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

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



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