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WEDNESDAY, NOVEMBER 30, 2022

Wales Home looking forward to new government support

By Gordon Lambie

Over the course of the next month, the Wales Home will be finalizing its transition to operation as a subsidized private residence. According to Brendalee Piironen, the Executive Director of the senior care facility, although the transition process involves an “excessive amount of work,” it also represents a change that the home has been asking for, and preparing for, since 2017.

“We’re excited about it,” the director said, describing the shift as a positive transition both for staff and for the facility as a whole.

The conversion of private long term care homes to subsidized private facilities was one of the principal recommendations in the coroner’s report on deaths in Seniors’ homes during the first wave of the COVID-19 pandemic, based on the fact that subsidized facilities are subject to greater oversight and a specific set of rules. While the province is beginning the change with just a small group of pilot projects, Piironen said the expectation is that there will be no more unsubsidized private homes in the province by the end of 2024.

Although that transition might be challenging in some cases, the Wales

CONT'D ON PAGE 3

Unusual ice formation in Waterville



EUNICE PATTERSON

By Lawrence Belanger
Local Journalism Initiative

A strange formation of ice was spotted this month in Waterville by Sherbrooke resident Eunice Patterson. She noticed the shape on her drive to work on Nov. 15. Confused, as it was still above freezing outside, she stopped to take a picture of the

peculiar formation, hypothesising that it might be related to some sort of underground spring that had sprung a leak. When the first major snowfall blanketed the Townships but a few days later, she observed how the shape continued to sprout out from the snow.

The Record reached out to the communications departments of Bishop’s University and Université

de Sherbrooke in hopes that one of their science professors might shed some light on the formation. Bishop’s University physics and astronomy professor Dr. Valerio Faraoni, although not an expert in snow and ice physics, gleaned a couple of observations from the photos. Sherbrooke’s specialist in the formation of snowflakes and ice

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Weather



TODAY:
HEAVY RAIN

HIGH 9
LOW -3



THURSDAY:
PERIODS OF
SNOW

HIGH -1
LOW -10



FRIDAY:
SUNNY

HIGH 3
LOW 1



SATURDAY:
RAIN

HIGH 6
LOW -4



SUNDAY:
MIX OF SUN
AND CLOUD

HIGH -1
LOW -8

HAND IN HAND

Planning ahead for a safe winter outdoors



Although winter is often associated with cozy activities in the comfort of our homes, winter can also be synonymous with outings and outdoor activities when you are well equipped. That in mind, we at Association forestière du sud du Québec present you with some tips and tricks to help enjoy this season to the fullest.

Dress well

Depending on the activity, it is important to have clothes that breathe well while keeping you warm. Clothes made of synthetic fibers or merino wool are your allies for maximum comfort during a winter outing. By contrast, it is important to avoid waterproof clothing as these will keep the humidity close to the body and cool it quickly.

Know the signs of hypothermia and how to prevent it

To engage in winter activities safely, you must know how to recognize the signs of hypothermia :

- In mild hypothermia, the person has a slightly lower body temperature than normal. She has chills, complains of being cold and has numbness in her extremities.

- In moderate hypothermia, the person shows signs of confusion, lack of coordination and has difficulty speaking.
- In severe hypothermia, the person has a body temperature below 30°C. She no longer complains of the cold and the previous symptoms are aggravated. Breathing weakens and the person may lose consciousness.

In cases of hypothermia, remember to act quickly. Shelter the person from the cold and in case of severe hypothermia, call for help immediately. Dry the person, watch their breathing closely, and gradually warm them up with blankets or dry clothing. If the person is conscious, have the person drink warm liquids slowly in small sips.

Respect your environment

During activities, we must be well equipped, but we must also respect the environment around us to preserve this access to nature. Even if the snow covers the edges of the trails, it is important to identify their position and stay there. Vulnerable wildlife often hides under the snow for protection.

About the Association forestière du sud du Québec

The Association forestière du sud du Québec is a private non-profit organization. It is one of the 12 organizations that are part of the Regroupement des associations forêt régionale du Québec. Its territory covers four regions: Montérégie-Est, Estrie, Centre-du-Québec and Beauce. Since 1945, its mission has been to promote the beneficial contribution of forest resources to the population through education, awareness, consultation and knowledge transfer. The AFSQ promotes better knowledge of the forest environment, promotes forest culture, promotes the sustainable use of the forest environment and wood material, deals with forest issues and




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Ben by Daniel Shelton



Sherbrooke adds resource for homeless population seeking shelter from cold

By Michael Boriero
Local Journalism Initiative

An overnight heat shelter will open its doors on Thursday evening in Sherbrooke at 385 Alexandre Street to provide a space for the homeless community to warm up this winter.

The pilot project, crafted by the Table Itinérance de Sherbrooke (TIS) and executed by IRIS Estrie, will run from Dec. 1 to the end of March 2023. According to TIS Coordinator Gabriel Pallotta, the idea to open a heat shelter in the city has been kicking around for a few years.

Every winter, leaders from the community's services, resources, and organizations who deal directly with the homeless population, like Partage St-François, La Chaudronnée de l'Estrie, Ma Cabane, and the CIUSSS de l'Estrie-CHUS have been trying to find ways to address the cold.

But they have never been able to come up with a permanent solution. Last year, Pallotta explained, whenever the temperature dipped to -20 degrees, Partage St-François would offer a temporary space to accommodate folks freezing outside. However, this was unsustainable.

"It was really taxing on everyone, so both the people using the services that didn't know when it was open and when it wasn't, and some days we

were asking ourselves if it's -19, but it's snowing like crazy outside, do we still open? It was hard to decide," Pallotta told The Record.

It was never going to be a long-term solution, though, because the local homeless shelter is always pretty thin when it comes to personnel, Pallotta continued. The next best option, also the most expensive, for this year was to avoid surprises and rent out a space for four months.

The heat shelter will be open from Monday to Thursday from 4 p.m. to 8 a.m. On Fridays, the new resource for the homeless community will open at 4 p.m. and close on Monday at 8 a.m. before reopening again later, giving folks around the clock service over the weekend.

The pilot project was only made possible through the Direction des programmes santé mentale et dépendance of the CIUSSS de l'Estrie-CHUS, which is funded by the federal program, Vers un chez-soi. There is a caveat, however, which is social workers will not be available all night.

"We didn't even try to find someone for overnight during the week. We did look around for the weekend to see if something was doable but in the end we were getting in competition with the other services that already exist," he said, adding social workers will pop in from time to time.

There will be two security guards

managing the heat shelter every day of the week. The folks behind the pilot project hired an independent security firm that specializes in these types of environments, where people might show up intoxicated, to ensure the safety of the resource.

There is also a project manager who will be present a few times per week to oversee the heat shelter, as well as extensive collaboration from the Coalition Sherbrookoise Pour Le Travail De Rue, community groups, nearby business owners, and the Sherbrooke Police Service (SPS).

The heat shelter is also very much a simple room with some chairs. It isn't an extravagant, or elaborate project — although it did take a lot of work to get it off the ground. Folks who use the service will be offered coffee, snacks, and warm clothing will be given those who need it.

IRIS Estrie Director Charlene Aubé told The Record most of the credit for the heat shelter should be given to the TIS. She said her organization is helping to get the ball rolling. Aubé noted she will be sending over her own social workers to check up on users during the week.

She said the decision to go with security guards to manage the overnight space was rooted in the worker shortage. Most folks are painfully aware that community organizations have been severely

impacted by a lack of available personnel, Aubé continued, so options were limited.

And, she added, a heat shelter has been desperately in demand over the past few years, especially with the homeless population increasing annually in Sherbrooke and the Eastern Townships. She said the community has found a way to preemptively help folks out in the cold.

"Yes, well, it is in reaction to the increase in homelessness, which we have seen more and more. Last year, all winter, we had to check the weather forecast, day-by-day, and when they announced -30, then we were put on high alert," Aubé explained in a phone interview Tuesday.

There will not be a time limit for anyone, either. Although, there is only 20 spots available in the shelter, so if there are too many, they will need to work in a rotation system, Aubé shared. But while the pilot project should be seen as a positive, Pallotta is waiting for the local pushback.

"People are going to see that there are more people at the same spot and they're going to see it as a way to concentrate on a problem, but the people that are going to use that service are going to be people that live close by, they were already there," he explained to The Record.

Unusual ice formation

CONT'D FROM PAGE 1

did not reply in time for publication. Dr. Faraoni explained how the formation likely formed "due to a combination of high humidity and some wind." The exposure of the shrub's branches on the side of the road, far away from any trees, likely created the conditions necessary for the creation of "rime ice". This type of ice forms as super-cooled water (below freezing but still in liquid form) is deposited onto a surface and instantly freezes, in this case the branches of a roadside shrub.

Rime ice "seems to have appeared on the branches in the photograph," said Dr. Faraoni. He explained that rime ice in high winds can make long horizontal "blades" on the side facing away from the wind, which might be what happened in Waterville. According to Dr. Faraoni, these ice formations are not that unusual and can be expected when the temperature is oscillating around 0°C and high humidity, which we've had a lot of recently.

"You see [these formations] often

in places with humid snows, such as Scotland or the West Coast, or near waterfalls that don't freeze completely," said Dr. Faraoni.

Regarding the photo taken by Patterson on the 19th, after it snowed, he observed that at that point, "wet snow may have taken over," noting we had "very wet snow during

the last snowfall." This wet snow froze in place before settling when the temperature dropped.

With Dr. Faraoni's insights, The Record visited the site based on

directions described by Patterson. The structure was still there, although it had deteriorated and was not as tall as in the pictures previously sent. An arch of water was visibly spraying up from the ground, an irrigation tube with a small puncture. It's very likely that the rime ice formed from the water spraying from the tube, supercooling, and freezing on the branches nearby. Rue Principale, the location of the shrub, was certainly windy when visited.

New government support

CONT'D FROM PAGE 1

Home director said that the local care home has already been operating under the rules it will need to follow for some time.

"Wales will be the first to be harmonized," she noted with pride.

Piironen said that the change makes no difference to the home's ability to make independent decisions about development and will not alter anything about the admissions process. Practically, she said, the changes will be most evident at the staffing level.

"On the day shift it will mean we

can have an extra nurse and an extra LPN," the director said, estimating the home will pick up about another eight members of its clinical staff before clarifying that the exact details won't be clear until the final paperwork is completed. She also said that there will be an increase in administrative staff to handle some of the requirements brought on by the new arrangement. "It's mostly an administrative change."

Outside of that transition, Piironen said that the renovations taking place in the Shaw and Manning wings are on track to be finished by Christmas,

bringing more of the older sections of the facility up to date with modern standards and quality.

The first admissions to the home's new independent living building, The Ross, are set to move in on Dec 15. Piironen said that to date 16 out of 42 units have been rented, although delays associated with the COVID-19 pandemic mean that many of the structure's planned amenities will not be in place until the spring of next year. Based on the project's progress so far, the director said that no decision has been made yet whether to go

ahead with the proposed second phase of that expansion.

Richmond Fair's annual general meeting

The annual meeting will be held December 6, 2022 at 8 p.m. at the Richmond Legion (235 rue du Collège N., Richmond, QC J0B 2H0). For more information contact Avery Perkins at 819-806-2910.

Errant cows create bureaucratic chaos

Don't tell this story to a western rancher!



FARM NEWS REVIEW

SCOTT STEVENSON

Cows on the loose, frustrated Saint-Tite cowboys, governments passing the buck, a fiery town secretary, a witty local reporter, and you've got all the ingredients for a merry news feast—minus the beef, though. As of this writing, the cows hadn't yet been caught.

The story was brought to my attention by a former Townships' Highland cattle farmer, who read it on the Coops de l'Information website, which publishes various French-language newspapers in Quebec online.

(Did I say that I have a fondness for Highland cattle farmers? I seem to refer to them often in this space. Perhaps

some day I'll have some of my own—Highland cattle, that is. Apparently, they're easy. Some Holsteins are not, clearly—certainly not the ones that escaped from a farm in the Three Rivers area this summer.)

The online story I read came from reporter Sébastien Houle of the Trois-Rivières *Nouvelliste* newspaper, who had a field day with the story, so to speak. It was published last week—as Ottawa was consumed by public hearings over use of the Emergencies Act to deal with a different brand of renegades.

The tiny municipality of Saint-Sévère, population 300, a little west of Three Rivers, was hardly blockaded by the errant cows, about 20 of them according to the reports. But they were doing their own kind of damage: trampling soy fields, eating corn from other farmers' crops, wandering dangerously along the roads.

But, like Ottawa at the start of its crisis, the Town of Saint-Sévère found its conundrum being tossed like a hot problem from one authority to the next.

The Quebec Ministry of Agriculture (MAPAQ) passed town clerk Marie-Andrée Cadorette off to the Quebec Ministry of Wildlife, whose representative said they couldn't do anything and suggested she call the Society of the Protection of Animals (SPA).

"The SPA laughed at me," Cadorette told the *Nouvelliste's* Houle. "They told me, 'Voyons donc!' I'm not going to go get 30 cows!"

The SPA referred her to none other than MAPAQ: back to square one. When she called the Ministry again, they suggested that she would maybe have to shoot the cattle. And here the full colour of this story would be lost in translation, so...

"Je leur dis, c'est qui ça 'vous'?... Ils me répondent 'la Municipalité'... La Municipalité c'est moi, en robe puis en talon aiguille... Je ne vais pas à la chasse aux vaches!" Cadorette told the reporter.

(My translation: "I told them, who are you talking about, 'you'?... They said, 'the Municipality'... The Municipality is me, in a dress and high heels... I'm not going shooting cows!")

For its part, the Sureté du Québec (SQ) provincial police force refused to do any shooting or anything more than assistance to some other organization involved in the hunt.

The cattle, it seems, would hide out in the woods during the day, and come out at night to wreak their havoc on

the local population.

So Cadorette finally resorted to the cowboys, from the western festival north of Three Rivers. But despite their enthusiasm and apparent professionalism, they were stumped too.

CBC reporter Rachel Watts wrote, "The cows were successfully corralled into a pen. But one managed to escape. From there, everything went south, and the herd was on the loose again."

On Saturday, another *Nouvelliste* reporter, Jacinthe Lafrance, said that the Union des Producteurs Agricoles (UPA) and some farmer volunteers had gotten involved and were possibly even at the point of capturing the beasts. But they were also steaming about MAPAQ's lack of help.

"This operation here, we're carrying it out, but it's not with a gaiety of heart that we're doing it," UPA communications director Jean-Sébastien Dubé told Lafrance, criticizing MAPAQ in the same breath.

Apparently, no one has called for the Emergencies Act yet. But an inquiry might yet be justified.

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



ALEXANDER GALT CHRISTMAS BASKET CAMPAIGN 2022

The AGRHS Christmas basket campaign has been a long-standing tradition in the community. Over the years we have been fortunate enough to have received generous donations from our community. Again, this year, I ask for your support during these even more challenging times in bringing a little Christmas spirit to our less fortunate families.

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

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

Please, make cheques payable to
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AGRHS

P.O. Box 5002, 1700 rue College, Sherbrooke, QC, J1M 1Z9

Thank you for your generosity!

Local health authority announces new method to detect prostate cancer cells

Record Staff

On Tuesday, the CIUSSS de l'Estrie - CHUS announced its research and clinical teams have united to offer a new approach to detect cancerous cells in men's prostate using a radiotracer.

The radiotracer, also known as the 68Ga-PSMA-617, was produced by the Centre d'imagerie moléculaire de Sherbrooke (CIMS) of the Centre de recherche du CHUS (CRCHUS). In a press release, the local health authority said they will be able to help 500 men in the first year alone.

The radiotracer is injected into the user and disperses to specifically target and bind to a protein found commonly in prostate cancer cells. Once the protein has been trapped, the cancer cells are then made detectable using positron emission tomography (PET) for precision.

According to the CIUSSS de l'Estrie - CHUS, this new approach, which is also non-invasive, will provide an improved performance in cancer cell detection, as well as the capability to rapidly detect cancer cells for users. The entire examination also only takes about 90 minutes.

The 68Ga-PSMA-617 uses Gallium-68 (68Ga), which is currently produced by the CRCHUS. In an effort to offer more prostate cancer detection tests to the region, Brigitte Guérin and Dr. Éric Turcotte combined their research teams, working together to produce the coveted Gallium-68.

With its own supply of 68Ga-PSMA-617, the local health authority will be able to provide access to this imaging test for 10 patients per day. The CIUSSS de l'Estrie - CHUS added the new examination was also made possible thanks to the Oncopole and the Fondation du CHUS.

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12 DAYS OF ACTION

Can anyone help me!?



May, 30th, 2022
We're tired.
I'm tired.

Of talking, rationalizing, and educating. Of seeing racism in my hometowns, new towns and on vacations.

I'm tired.
Of racist spaces, ignorant spaces, fake queer spaces, office spaces, schools, hospitals and even sidewalks.

This time is volatile, overwhelming, disappointing and affirming.

The time for education and educators going OVER and OVER race theory is done.

If you want to learn don't ask why, say sorry, or ask me how I'm doing.... DO SOMETHING!

Teach your kids, your parents, your GRANDPARENTS and your neighbours.

Help a stranger. Who might not look like you but you know needs the support, someone WHO NEEDS YOUR PRIVILEGE.

Call and write your government representatives, your local police stations, school boards and Mayors!

Ask them "What are you doing!?" to stop the harassment, escalation, violence and MURDER. Ask them what they are doing to promote EQUITY not equality.

I'm tired.
So... I'm gonna sit back, take care of myself and see how willing you all are to look around and educate yourself.

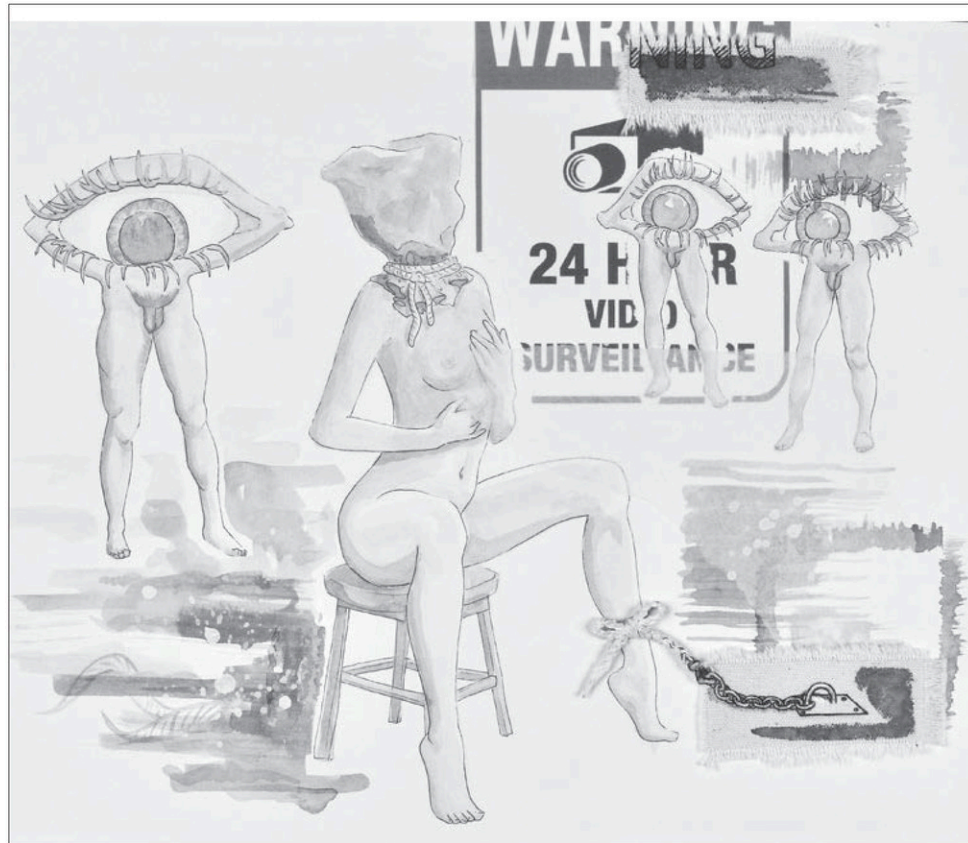
DO BETTER and try to make this WORLD BETTER...cause we can't do this on our own.

So give me your ACTION...rather than your sincerest apologies.

I wrote this to my friends in a moment of pure exhaustion 3 days before my 29 Birthday, 5 days after the brutal murder of George Floyd. A week after my 31st I was violently assaulted, detained and handcuffed behind my back for hours screaming in pain. Leaving me bruised, beaten, mocked and traumatized by Ottawa Hospital Civic Campus. Why? Because I dared to advocate for myself and verbally demand better care. I will never forget they knew security was brutalizing me in plain sight. But I guess... we're all tired.

"Then they came for me—and there was no one left to speak for me."

— Martin Niemoeller
By Daniella Noël - Sex & DEI Educator, Storyteller, Mentor & Mentee. BU Class of 2016.



LESHACHIKHA

Leshachikha is a Sherbrooke-based artist currently studying Fine Arts and Applied Psychology at Bishop's University. Growing up in the countryside has instilled in her a profound love for nature, which, paired with her interest in psychology, created a passion for themes surrounding folklore and myths, and how they reflect immortal truths about human nature and identity.

Her professional Instagram account: @leshachikha_

A submission from Champlain Regional College Lennoxville

The annual campaign against gender-based violence takes place from Nov. 25 to Dec.10. Gender-based violence has many faces: poverty, domestic violence, sexual violence, online harassment, etc. and it affects students as much as everybody else.

In an effort to reflect and do something about it, a writing activity with students at Champlain College was organized.

The following is a submission from one of them, who is experiencing violence based on his gender identity.

He/she prefers to stay anonymous.

I am as I am the one you hurt me when it fits you hate who I am your punch sack
you love how it hurts to see me hunted by your violent screams they echo they shatter at last I am broken
you slosh me bleed me toss me resent me
strength finds me where you have rendered me defective

I stand I speak these words have been spoken
they have heard these cries, but they took an ounce from the pounds
I am a sheep weak in the tiger's eyes
it is a fight that has been fought but is yet to be won
it is an aged fight
its cloth is worn
the skin has been torn
blood has been bled
these scars I wear for all to be aware
they threw shame for not being the same
for not being like them
I asked for diversity a slice of inclusivity
they spared me no piece denied me all peace and they took away my dignity
they give me none but ignorance
I am allowed acceptance.
by E.



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EDITORIAL

There is no evidence that performance measures for leaders, front-line staff or the agency as a whole include compliance with international human rights obligations.

How the Canada Border Services Agency tolerates and even encourages refugee mistreatment

By Kathryn Tomko Dennler
Immigration Researcher, York University, Canada
And Brianna Garneau
PhD Candidate, Socio-legal Studies, York University, Canada

Refugee advocates have long known about systemic problems with immigration enforcement in Canada, resulting in wrongful detentions and deportations, as well as people being tortured upon return to their countries of origin.

Our new research explains why these problems exist.

Flaws in Canada Border Services Agency's (CBSA) structure and mandate mean that misconduct is tolerated and even incentivized. Independent oversight of CBSA and legislative changes are needed to protect refugee rights.

Deportation affects refugee rights

Our findings show that more than half the people deported from Canada each year made refugee claims. While some people are ready to return home, others still fear persecution.

Decisions on a refugee claim can be wrong. Outcomes of refugee claims depend on the Immigration and Refugee Board member who hears the claim, the quality of legal representation and subjective credibility determinations made by those hearing claims.

People who are at risk of persecution, torture or worse can be denied refugee status and face imminent deportation. For these reasons, deportation is closely linked to refugee rights.

How someone is treated during the deportation process matters. CBSA places an emphasis on "timely removals" at the expense of respecting rights. And although Canada prides itself on its safeguards, they are

insufficient.

For example, people can apply for a pre-removal risk assessment to demonstrate the risk they face prior to being deported. The risk assessment was created to meet Canada's obligations to protect people from persecution.

But in 2012, the government introduced legislation that limits access to the pre-removal risk assessment. Since then, people can only apply for it if they remain in Canada for at least a year after their refugee claim was refused.

Our research found that whether someone is deported before the end of that year comes down to chance, defeating the very purpose of the risk assessment.

CBSA not equipped for sensitive work

Deportation is sensitive work. Yet the CBSA lacks the structure and management controls to carry out activities with human rights implications.

We obtained job descriptions for senior leaders in CBSA who oversee enforcement. They do not mention human rights treaties or obligations. There is no evidence that performance measures for leaders, front-line staff or the agency as a whole include compliance with international human rights obligations.

Instead, CBSA documents emphasize the need for timely removals, specifically enforcing a deportation within one year of a refused refugee claim. Such fast deportations, as mentioned, may not leave refugee claimants with enough time to apply for the risk assessment.

Legal representatives we interviewed reported many instances of misconduct by CBSA officials, such as lying, abuse



of power, concocting documents and baseless detentions to enforce a deportation. These tactics advance, rather than violate, CBSA's mandate in the absence of requiring its employees to honour human rights obligations.

The CBSA also lacks an independent oversight body to review its work, investigate complaints and make binding recommendations. That means complaints about the conduct of CBSA officers must be made to CBSA.

A complaint can work against the person being deported. Many refugee lawyers told us they don't bother reporting misconduct.

Lydia, a refugee lawyer, told us:

"I've complained about CBSA officers over the years with absolutely no effect. In fact, several officers who lied under oath were promoted after they had engaged in really disreputable conduct. Why waste your time?"

Legal help beyond reach

The deportation process is complex and unpredictable. Delaying or preventing a deportation requires expert legal advice. But it's not easy to get legal representation for deportation cases, especially on a tight timeline.

Deportation cases require intense effort over a short period of time. Many experienced refugee lawyers rarely take a deportation case unless it's a pre-existing client.

While refugees in Ontario may be eligible for legal aid, it doesn't cover the real number of hours it takes to vigorously pursue the case. Sathya, a refugee lawyer, told us:

"It's literally the worst work in this field ... It wipes every single thing off your desk. You have to put aside everything, cancel all your evening plans because you're going to be

pulling all-nighters. It is very, very difficult."

What's more, legal fees for deportation cases are often thousands of dollars, which is unaffordable for many refugee claimants.

Addressing injustice in deportations

An agency that conducts deportations must respect human rights obligations and the Canadian Charter of Rights and Freedoms. CBSA job descriptions should be revised to require compliance, which should be measured in performance evaluations.

To further address bias, CBSA needs to institute an anti-racism strategy, like the Anti-racism Strategy 2.0 being implemented within Immigration, Refugees, and Citizenship Canada.

The Canadian government should repeal the one-year bar on a refugee claimant seeking a pre-removal risk assessment to ensure that people at risk of persecution are not deported.

Finally, given the life-or-death implications of their work, the CBSA needs independent oversight. The Liberal government has proposed a bill to introduce such a watchdog. That bill must be passed to ensure respect for refugee rights.

Disclosure statements:

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Local Sports | *The first trophy was the Sherbrooke Masters for curlers over 60 years old.*

Two new curling trophies in the Eastern Townships

Submitted by Allan Rowell

This past week saw the inaugural competitions for two new curling trophies in the Eastern Townships.

The first trophy was the Sherbrooke Masters for curlers over 60 years old. Thirty-two teams took part in this new bonspiel played between Nov. 21 and 25 with the final in the main event ending up being a match between a Sherbrooke team and a Lennoxville team. The team skipped by Marc Richard of Lennoxville overcame a fine performance from Denis Blais' Sherbrooke foursome to take the first honours for this Bonspiel.

The second event was the inaugural Estrie Challenge Cup which pits two challenging teams from an Estrie District club against two teams from the host club. To win the Challenge Trophy from the host club, the

challenging teams must have an overall winning score - a tie score leaves the trophy with the host club.

Since this was the first time an Eastern Townships challenge trophy has been fought over since the old Southern Canada Power Challenge Trophy (last played for in the late 1950s) then it was decided that the oldest club in the district would be given the honour of being the first host club. The Sherbrooke Curling Club is the oldest in the district with a history that starts in 1880 thus they were the first club to accept the initial challenge.

The next oldest club is Lennoxville so on November 26th eight members of the Lennoxville club traveled to the Sherbrooke club to take up the challenge. When the granite dust had settled, the Sherbrooke club was the winner by six rocks. Sherbrooke's next challenge will come from the Celanese



PHOTOS BY WALLAN ROWELL

The Challenge Cup Estrie.



Left to right: Team Sherbrooke; Denis Blais (skip), René Morissette, Marc-André Lévesque and Louise Beaudoin; Team Lennoxville Pierre Massé, Jim Mastine, Daniel Mercier and Marc Richard (skip).



Back left to right: Team Lennoxville; Marc Richard (skip), Daniel Mercier, Jim Mastine and Pierre Massé; Team Sherbrooke; Donald Boivin, André Beaugard, Martin Arsenault and René Morissette.

Front left to right: Team Lennoxville, Kyle Gillies, Jeff Bailes, Glenn Buck and Jeff Cheal (skip); Team Sherbrooke; Dominique Gilbert (skip) Patrick Baril, Michel Morissette and Simon Morissette (skip).

THE RECORD

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Death



**Lorna
Dustin
TAYLOR**
1929 - 2022

Passed away at the Grace Village on November 25,

2022. Born June 2, 1929 to Thomas and Edith Dustin. Beloved wife of 56 years to the late Ronald Taylor who predeceased her in 2016. Dear mother of the late Scott. She leaves to mourn her sisters Leta Dustin and Lillian Sharman (late Don), brother Wynn Dustin (late Faye), sister-in-law Monique Taylor (late Mac). Predeceased by her brother Weldon Dustin (late Lois), brothers and sister-in-law Malcolm Taylor (late Anna), Russell Taylor (late Marian) and Helen Nutbrown (late Ibrey). Special aunt to Nancy and Trudy, numerous other nieces and nephews as well as a friend to many.

Her funeral service will take place in Massawippi at a later date.

In lieu of flowers, donations to the Dixville Home Foundation, 34 rue Queen, Sherbrooke, Quebec, J1M 1H9 would be appreciated by the family.

The family would like to say a hug thank you to all the caregivers at the Grace for the care given to Lorna.

CASS FUNERAL HOMES
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PHONE: 819-564-1750
FAX: 819-564-4423
www.casshomes.ca

Date Book

NOVEMBER 30, 2022

Today is the 334th day of 2022 and the 70th day of autumn.

TODAY'S HISTORY: In 1782, provisional articles of peace were signed in Paris between Britain and the United States, under which Britain recognized U.S. independence.

In 1939, the Soviet Union invaded Finland.

In 1993, President Bill Clinton signed the Brady Bill, a major gun-control measure.

In 1999, Exxon Corp. and Mobil Corp. completed their merger, creating the largest publicly held oil company in the world.

TODAY'S BIRTHDAYS: Jonathan Swift (1667-1745), clergyman/satirist; Mark Twain (Samuel Clemens) (1835-1910), writer; Winston Churchill (1874-1965), British politician; Dick Clark (1929-2012), TV personality/producer; Bill Walsh (1931-2007), football coach; Abbie Hoffman (1936-1989), political activist; Ridley Scott (1937-), filmmaker; Mandy Patinkin (1952-), singer/actor; Billy Idol (1955-), singer-songwriter; Bo Jackson (1962-), football and baseball player; Ben Stiller (1965-), actor; Clay Aiken (1978-), singer; Chrissy Teigen (1985-), TV personality; Magnus Carlsen (1990-), chess grandmaster.

TODAY'S FACT: Mark Twain published a number of pieces in newspapers and periodicals under a variety of pen names, including Thomas Jefferson Snodgrass, W. Epaminondas Adrastus Blab and John Snooks.

TODAY'S SPORTS: In 1991, the U.S. women's soccer team defeated Norway 2-1 to win the first Women's World Cup.

TODAY'S QUOTE: "I am fond of pigs. Dogs look up to us. Cats look down on us. Pigs treat us as equals." - Winston Churchill

TODAY'S NUMBER: 34 million - certified units sold of Michael Jackson's "Thriller," making it the best-selling solo album of all time, according to Business Insider. The album was released on this day in 1982.

TODAY'S MOON: First quarter moon (Nov. 30).



**SHERBROOKE
SNOW SHOE
CLUB INC.**

A break from tradition

On Wednesday, November 16th, members of the Sherbrooke Snow Shoe Club gathered at their old clubhouse in the city's north end. The occasion was the first meeting of the 2022-2023 Season and the inauguration of the club's 146th year of continual operations.

Perhaps fittingly for a snowshoe fraternity, the gathering coincided with the first snowstorm to hit the Townships since last spring. The sudden transformation from fall weather to winter conditions was sufficient to affect the level of attendance for the club's initial get-together.

Like many organizations and the public in general, the club was severely impacted by the recent pandemic emanating in the spring of 2020. Operations were notably curtailed, with only the basic tasks undertaken to maintain the clubhouse, to secure the cohesiveness of the membership and to address the financial challenges that accompanied restricted operations.

Last fall the club was able to initiate occasional informal gatherings of the membership as the government eased restrictions on public gatherings. These informal get-togethers, which extended into the spring were held on Saturday mornings and included noontime meals. They were welcomed by the membership and when the club convened its annual general meeting in October, it was decided

to adopt the noontime approach, foregoing the nearly century-old practice of hosting meetings on Wednesday nights. However, instead of Saturdays and the old tradition of a weekly schedule, the members opted to meet biweekly on Wednesday mornings. The option of weekly gatherings was left for consideration at a later date when the ravages of the pandemic are eradicated.

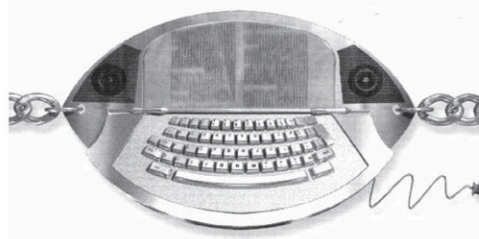
In the absence of President John Patton, club secretary Steve Moore chaired the first meeting of the new season. Following the singing of O' Canada, Past President Harry Brown asked the blessing. The White Knights then proceeded to serve the noontime meal, starting off with bowls of chicken & rice soup. Entrees followed consisting of portions of salmon and shrimp pie with a side of vegetables. A tasty dessert of apple crisp topped off the meal.

A drawing for the door prize went to club purveyor Bob R. Davidson. This preceded a discussion of club business including issues of maintenance and general operations.

The meeting then concluded, with the members setting off for home, the winter storm having somewhat abated in the interim.

Steve Moore
SSSC Secretary

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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.

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For Monday's paper, email production@sherbrookerecord.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@sherbrookerecord.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.

Coping with allergies around the Holidays

Dear Annie

WEDNESDAY, NOVEMBER 30, 2022

Dear Readers: Many readers expressed opinions – and offered tips for coping – on the subject of allergies when visiting friends and family during the holidays, or just visiting friends in general. Thank you for many wonderful suggestions to help others who suffer from similar allergies. Here is a sampling:

Dear Annie: I read your column all the time, and this is the first time I have written to you. When my husband and I moved to a rural community in 2003, I was very allergic to cats and horses. My nose would plug up; my eyes would water; I would be sneezing and blowing my nose constantly whenever I was around animals. I was miserable!

Then I discovered something called Nambudripad's Allergy Elimination Techniques. Through a NAET practitioner, I was desensitized and no longer am allergic to these animals. It took a few months, but it is amazing. There are no pharmaceuticals involved whatsoever. I highly recommend that people with any type of allergy look this up on the internet. NAET treatments are noninvasive, drug-free solutions and have worked for me, and for friends, for years on many different types of allergies. – No More Animal Allergies

Dear Annie: You suggested that "Allergic" ask her aunt to board the cats and pay the expense, but anyone with a cat allergy knows, myself included, that cats leave dander everywhere. It's impossible to remove it because it's not the cat fur that allergy sufferers are allergic to; it is the dried cat saliva proteins (so gross, I know). Cat owners' homes become covered in those ultra-fine saliva particles, and it's hard to escape them.

Instead of spending money on boarding, suggest that she check if her hotel has a party room to book or if there is a cabin or Airbnb option near her aunt's house where she could book with her parents.

She'd get more time with her aging parents; she won't spend the day alone; it would be cat-free; and as a bonus, the holiday would not be at her aunt's

house with her outdated patriarchal rules.

It's a multi-win situation. Hope this helps her have a happier holiday! – A New Site

Dear Annie: I can empathize with "Allergic to Thanksgiving." I'm a lifelong allergy sufferer who has only improved in recent years with modern antihistamines. I once spent a Christmas in France outside Paris (literally) at my sister-in-law's house where I was too allergic to their cat for me to be in the house at all. I sat outside a glass door in 30-degree weather, read a book and waved occasionally.

Has "Allergic" discussed this with a board-certified allergist? There are many modern treatments that can greatly reduce one's histamine reaction to allergens. Cat dander has a very light molecular weight – think invisible, microscopic dust blowing through the house. Removing the cat and cleaning is not going to clear out the remnant dander, especially in winter if the house has thick rugs, curtains and sofas.

"Allergic" has to decide whether she really wants to bear another year's exposure to an allergen that will likely lay her low for a couple of days. Could she meet some of her relatives the day after in a different location? – Allergic and Empathetic

Dear Annie: I wanted to reach out to you regarding your advice to the woman who was experiencing great difficulty with her allergies at her aunt's home on Thanksgiving. You suggested her aunt board the cats. My husband suffers from a severe cat allergy. Well-intentioned people are falsely under the impression that simply removing the cats to another room while the person with allergies is there will do the trick. It does not. The cat's dander is present everywhere, regardless of how clean the home is. You just cannot vacuum it out of existence. My mother used to put her cats in the bedroom, to zero effect. My husband would leave every holiday and be sick for days after. My only suggestion is to go out for Thanksgiving dinner or have it somewhere cat-neutral. – Been There

Dear Annie: Back in the '90s, before cellphones, I discovered that my husband was having an affair with the manager of a store he owned. It had been going on for seven years, and everyone knew about it, including their mothers and all the employees – everyone but me.

I did have my suspicions, though. He'd come home late from work, and I would ask where he'd been. He claimed he was paying bills and the like. It seemed fishy, but I couldn't very well put the kids in the car and go look for him. However, one day I went to his store and walked into his office and they were both in there. Fortunately, they were fully clothed. But before they saw me, they touched each other, and I knew. I stood in the doorway, which forced her to walk past me. I yelled and threw something off his desk. Then he got down on one knee and begged forgiveness. He didn't want to lose our kids.

We both wanted to save our marriage.

That was the secret – lots of talking, which led to changes on both our parts. Marriage counseling and hard work and not taking each other for granted were essential in our path toward closeness again. And I forgave him. He lost his manager but saved our marriage. Twenty-five years later, a total of 40 years married, and we're still good. Both parties have to want to stay in

the marriage, and there has to be open communication. It won't work for everyone.

I tried to keep our kids out of it. They didn't know for many years. They were very hurt, but I hope they've forgiven their dad. I tried to change my behavior also. Too often in the past, I raised my voice and was angry he worked so much, and he didn't help with the kids as much as I would have liked.

No one is 100% to blame in a relationship. Take a good, honest look at yourself and see how you can make life better for your partner. – Happy We Made It

Dear Happy We Made It: This is a wonderful story about your commitment, and your husband's commitment, to keeping your marriage and family intact. The fact that you worked so hard on saving your marriage and that you wanted to stay, and he wanted you to stay, is a tribute to both of you. Thank you for sharing your story. You will help other couples more than you know.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology – featuring favorite columns on marriage, infidelity, communication and reconciliation – is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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

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Lennoxville & District Women's Centre

THE RECORD

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.

"D'U RPFZHUBFOHSSE H VCXDODWB
VBNXCF. COYBNMDXB, D MCPSZF'O TB
ZCDFL XCUB CR OYB DFXHFB UCWDBX
OYHO D ZC." — NDZSBE XACOO

Previous Solution: "Inspire your children. ... Your kids will think you're cool if you do this. ... They'll thank you later in life." — Laura Marano

TODAY'S CLUE: *g senbe l*

REALITY CHECK

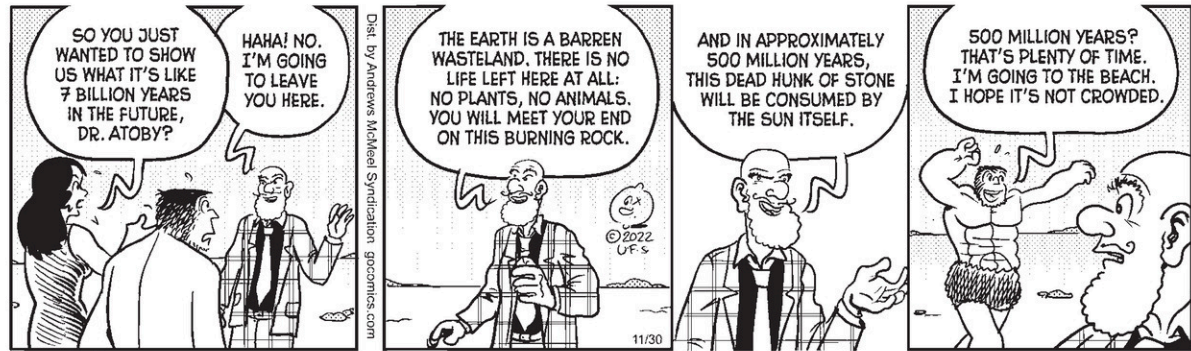


HERMAN



"D'you think you could play a little louder? I keep falling asleep."

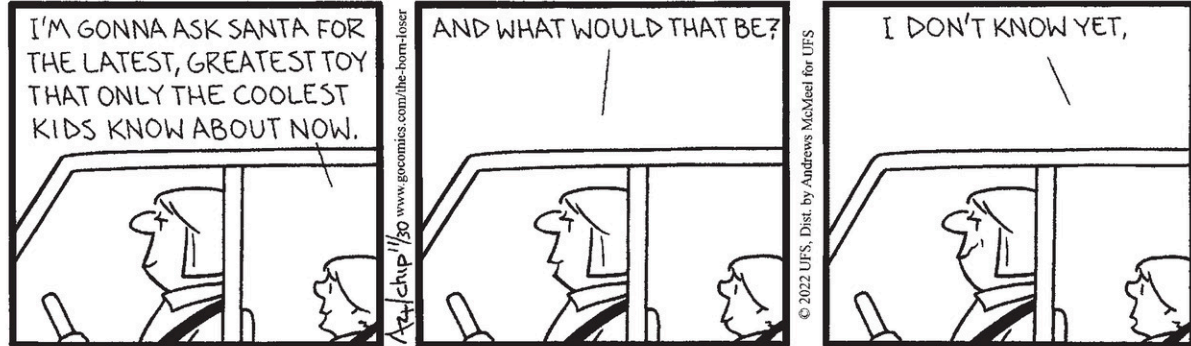
ALLEY OOP



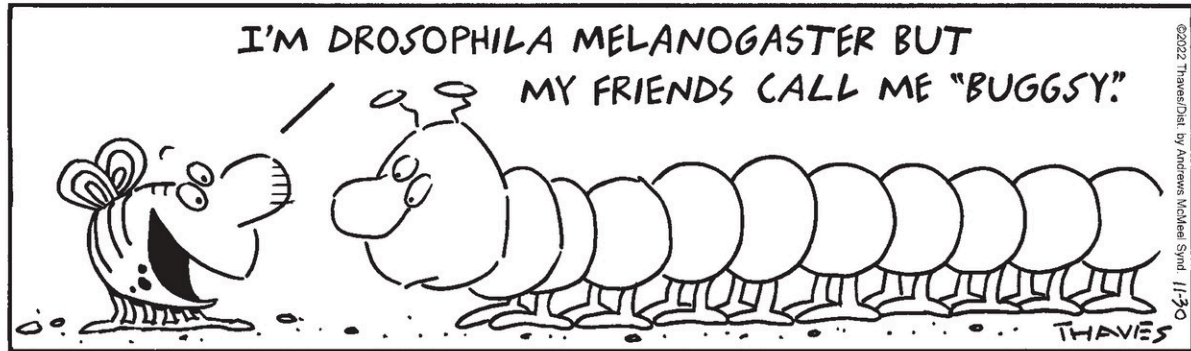
ARLO & JANIS



THE BORN LOSER



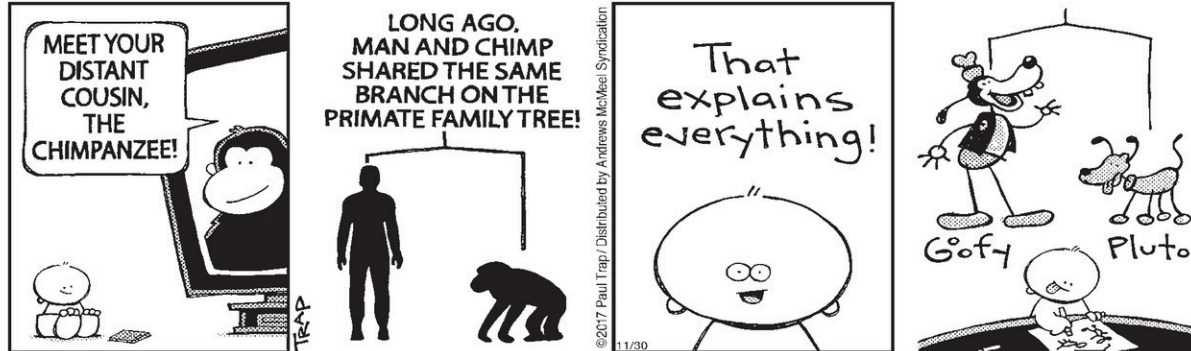
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100 Job Opportunities 100 Job Opportunities 100 Job Opportunities 100 Job Opportunities



Job Opportunity: Bookkeeper and Administrative Assistant

Mental Health Estrie is a grassroots not-for-profit organization committed to providing information, support, education and advocacy to English-speaking caregivers and individuals affected by mental illness in Estrie.

Term: 4 days a week (7 hours a day for a total of 28 hours)

Place of work: Sherbrooke (Borough of Lennoxville) - in-person with the possibility of some hybrid

Job Description: Bookkeeper responsibilities: manage and maintain records related to revenues (donations, grants and membership fees) and expenses, including payroll. Administrative Assistant responsibilities: basic office administration functions, manage memberships and assist with special projects. This employee is responsible to the Executive Director.

Requirements: Bilingual - English 5/5 written & spoken, French 3/5 minimum; Diploma of vocational studies in Accounting, Administrative Assistant or a related field or equivalent experience; strong attention to detail; familiarity with the basic principles of accounting; proficiency with Sage Accounting Software; proficiency with Microsoft Office (Word, Excel, PowerPoint); Knowledge of Publisher and Access (or another database) are an asset; experience writing letters and reports is an asset.

Tasks include: Maintain the financial records to the standard of good accounting practices, using Sage Accounting. Prepare monthly budget reports and materials for the annual audit; develop and manage database for membership and fundraising; assist with special projects.

The successful candidate: is able to work collaboratively and autonomously; has strong organizational and time management skills; is motivated, innovative and dynamic; is attentive to accuracy and detail (accounting and data entry); has excellent writing skills in English (grammar and spelling); has a deep appreciation for confidentiality and anonymity.

To Apply: Send an English letter of intent, a CV, and references immediately to: **Tanya Gibson, Executive Director**, Mental Health Estrie at mhe.info@bellnet.ca. **Anticipated start date:** As soon as possible. This posting will remain active until the position is filled. Applications received without a letter of intent will not be retained and only those selected for an interview will be contacted. **Interviews will take place in Sherbrooke (Borough of Lennoxville) as soon as possible.**

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DIFFICULTY RATING: ★★☆☆☆

7						9	5	8
4		6		5		7		
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2	6	4						9

11/30

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PREVIOUS SOLUTION

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

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

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NEA Crossword Puzzle

Your Birthday

WEDNESDAY, NOVEMBER 30, 2022

want change, but if someone has a legitimate reason to sit tight and wait for a better opportunity, listen to them. Put your energy into something that will improve your skills.

GEMINI (May 21-June 20) - Stay focused on what's important to you and refuse to let outside influences disrupt your plans. Something you discover will change the way you deal with personal information and institutions.

CANCER (June 21-July 22) - Don't share too much information with your colleagues or superiors. By gathering facts and familiarizing yourself with who is doing what, you will control what transpires. Protect your position.

LEO (July 23-Aug. 22) - Keep your money and important documents in a safe place. Keep a watchful eye over what others choose to do, and it will give you some valuable insight. Don't overspend on entertainment.

VIRGO (Aug. 23-Sept. 22) - Take it easy. If you disrupt your home or relationships to bring about an unwanted change, you will miss out on the chance to implement a worthwhile plan. Step outside your comfort zone.

LIBRA (Sept. 23-Oct. 23) - You'll have plenty to contribute, so don't hold back. It's up to you to fine-tune whatever you oversee if you want things to run smoothly. Do whatever it takes to reach your destination on time.

SCORPIO (Oct. 24-Nov. 22) - You've got the right idea, but your timing is off. Rethink the framework of your plan, and you'll either speed up or slow down to meet your mark appropriately. Ask questions and schedule activities.

Give yourself plenty of time to assess situations before you judge others or decide to make a move that will affect your lifestyle and relationships with friends, relatives and peers. Be aware of how others feel, and communicate openly and honestly to avoid misunderstandings. Intervene if anyone tries to manipulate or force you into a compromising position. Call the shots.

SAGITTARIUS (Nov. 23-Dec. 21) - Rein in emotions and use common sense to ensure you avoid a path paved with good intentions but little substance. Get the facts before you agree to something that can hurt your reputation.

CAPRICORN (Dec. 22-Jan. 19) - Look at the possibilities, and you'll figure out a new way to use the skills and services you have honed over the years. Explore something you enjoy doing.

AQUARIUS (Jan. 20-Feb. 19) - Expect to face opposition. Keep your thoughts and plans to yourself until you have everything ready to launch. The element of surprise will be to your advantage.

PISCES (Feb. 20-March 20) - Choose to remain calm and avoid conversations with opinionated individuals looking for a fight. Put your energy where it counts and spend your time doing what you do best.

ARIES (March 21-April 19) - Pay attention to your financial well-being and what's new in your industry. Abide by the rules and regulations. Handle your responsibilities with care. Take a look at the latest technology.

TAURUS (April 20-May 20) - You may

Answer to Previous Puzzle

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

- ACROSS**
- 1 Bird's bill
 - 5 Inflict, as damage
 - 10 Whirlpool rival
 - 12 Dislike intensely
 - 13 Dry gully
 - 14 "Imagine" singer
 - 15 TV genie portrayed
 - 16 Stadium cry
 - 18 Calendar square
 - 19 Cosmic principle
 - 21 Snow house
 - 25 Mink relatives
 - 29 Playhouse fare
 - 30 Long bouts
 - 32 Palermo's locale
 - 34 Exits
 - 35 Loose end
 - 37 City in Germany
 - 38 Makes waterproof
- 40 Society girl**
- 43 Remove, as branches**
- 44 Study late**
- 48 Dragster (2 wds.)**
- 50 Garden pavilion**
- 52 Wedding sites**
- 53 Is of use**
- 54 Rack**
- 55 Type of eagle**
- DOWN**
- 1 Medieval entertainer
 - 2 Bronte governess
 - 3 Heaps (2 wds.)
 - 4 Scarpetta or Starr
 - 5 Trouble
 - 6 South African currency
 - 7 Noted lava spewer
 - 8 Nautical greeting
 - 9 Under-standing

- 10 Ginnie —
- 11 "The Naked Maja" artist
- 12 Camel kin
- 17 Speaker's pauses
- 19 Eucalyptus diners
- 20 Tolerates
- 21 Badges
- 22 Crossword diagram
- 23 Blouse trim
- 24 Leave out
- 26 Durocher and Tolstoy
- 27 Vanities
- 28 Dry and withered
- 31 W-2 info
- 33 Investment returns
- 36 Thai language
- 39 Links org.
- 40 Simpleton
- 41 Singer — James
- 42 Muffin choice
- 44 Ivan or Nicholas
- 45 Pull in, as a horse
- 46 Equal to the task
- 47 Yr. fractions
- 48 Acquires
- 49 California's Fort —
- 51 St.

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WEDNESDAY, NOVEMBER 30, 2022

The conventions come around again

By Phillip Alder

One of the best-selling bridge books was "25 Conventions You Should Know" by Barbara Seagram and Marc Smith (Master Point Press). Now they have revised their work, with some help from David Bird.

There are three sections: Learn These First, More Complicated and Sophisticated Stuff. Each chapter ends with a summary and a quiz.

There are no full deals in the book. In this one, what should South rebid after the given start to the auction?

North has reversed because if South wishes to give preference to clubs, partner's first-bid suit, he must do so at the three-level. North has shown 17-20 points with longer clubs than hearts.

The authors say that South has no easy way to uncover three-card spade support in partner's hand. They state that a rebid of two spades or two no-trump or three clubs would be nonforcing. This is not mainstream. However, if you do not wish to get sophisticated, treat a reverse as a game-force. (In the tournament world, responder's rebid of fourth suit or two no-trump, whichever is the cheaper, warns of a bad hand. Responder's rebid *

				North	11-30-22
				♠ Q	
				♥ A J 5 2	
				♦ A K J	
				♣ A 7 5 3 2	
West				East	
♠ K 6				♠ J 10 9 8 3	
♥ 8 3				♥ Q 10 9 7 4	
♦ 8 7 6 4 2				♦ 5	
♣ J 9 8 6				♣ K 10	
South					
♠ A 7 5 4 2					
♥ K 6					
♦ Q 10 9 3					
♣ Q 4					
Dealer: North					
Vulnerable: Both					
South	West	North	East		
		1♣	Pass		
1♠	Pass	2♥	Pass		
??					
Opening lead: ♦ 7					

of his own suit shows at least five cards there and is forcing for one round.)

After West leads the diamond eight against three no-trump, what should South do?

Declarer has eight top tricks: one spade, two hearts, four diamonds and one club. He can go for No. 9 in clubs or hearts. In general, play on a suit missing an ace or king before one missing a queen. So, win the first trick with dummy's diamond king and play a club toward the queen - success!