

Quebec now taking the offensive against forest fires: natural resources minister

By Jacob Serebrin The Canadian Press

The number of out of control forest fires in Quebec has declined as firefighters begin to take the offensive instead of just reacting to the blazes, the province's natural resources minister said Sunday.

Maite Blanchette Vezina said there are still 131 fires burning in the province, but the number of those classified as out-of-control has dropped by 28 and now stands at 44.

"We've gone from a reactive mode to an offensive mode," she told reporters in Quebec City.

Fires near several communities in northern and northwestern Quebec have been brought partially under control, Blanchette Vezina said, but warned that with no rain expected in the affected areas before Tuesday, winds and continued dry conditions could stoke the flames.

Despite the progress, she said none of the nearly 14,000 Quebecers who have been forced from their homes will be able to return in the "very short term," though some people may be able to go back before the end of the week.

CONT'D ON PAGE 3

Scenes from Friendship Day



MATTHEW MCCULLY

Despite the absence of a parade and the last-minute cancellation of the fireworks due to the provincewide fire ban, the main staple of Friendship Day, the community, did not disappoint. There were friendly faces at every turn, and something to pique every interest with the variety of activities and the displays of local artisans, vendors and community groups.

More Scenes from Friendship Day on page 5

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Weather



TODAY:
CLOUDY

HIGH OF 28
LOW OF 15



TUESDAY:
RAIN

HIGH OF 18
LOW OF 14



WEDNESDAY:
CLOUDY

HIGH OF 22
LOW OF 13



THURSDAY:
CLOUDY

HIGH OF 20
LOW OF 11



FRIDAY:
CLOUDY

HIGH OF 19
LOW OF 11

Missisquoi North Volunteer Centre annual youth awards



THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) youth program held its annual youth awards on Saturday evening, June 10 in the basement of the Mansonville Catholic Church, a space provided by the Municipality of Potton. Organized and hosted by Youth Centre Coordinator, Ethan Ball and Animator Karina Rose Coates with volunteer support provided by Patricia and Jeremy Eldridge, Alexis and Kate Eldridge, Municipal Council Member, Jason Ball, Dylan Shedrick and Josh Shedrick who all made the event a wonderful success.

Starting at 5 p.m. guests began arriving and hot dogs, chips and drinks were served in abundance free of charge for all to enjoy. At 6 p.m. the awards opened with a music video featuring photos of all those participating in programming at the Youth Centre including four youth programs, the Ken Jones Respite



PHOTOS COURTESY

A celebration of some of Potton's amazing youth!

program and CIUSSE-CHUS Day Centre program for intellectually and physically challenged clients. The video was followed by a speech and the awards for participation and members of the year for each program.

The first awards of the evening were presented to the clients who attend the KJC Respite and Special Friends Day Centre programs. The members who were all in attendance were beaming with pride as they were presented, along with the program animators with a gift acknowledging their efforts and participation.

Outstanding dance member of the year went to Chloe Colgan, Home Economics member of the year to Miranda Gardner, MAYO/JAM member of the year, Sophie Gaulin and SADD

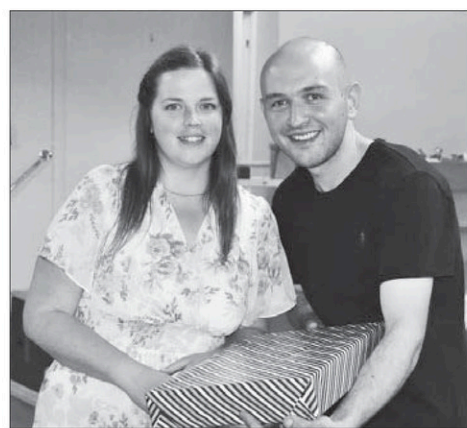
member of the year as well as the winner of the Kim Wright Memorial Bench Award both went to Zennon Fournier. All of these recipients will be honoured throughout the year with special awards on display at the Youth Centre located at 282 Principale in Mansonville. The entire SADD youth board was also recognized: Alexis Eldridge, Zennon Fournier, Mya Gardner, Amelya Jersey and Dakota Paige.

The awards were followed by another video sharing on the big screen and then all youth attending the evening were invited up to the dance floor sporting their multicoloured glowsticks, for a candy dance!

With well over a hundred in attendance, this year's awards ceremony was considered a resounding success. Many of the CAB's Board of Director's attended the evening and this, for all involved provided an opportunity to share the hard work and involvement in the Youth Centre programs to those who working behind the scenes.

"At the end of the day it is all about the kids," said Ethan Ball. "Karina and I are extremely proud to work with so many of Potton's amazing youth and families. The awards evening instilled a sense of pride in all who were present."

For more information about the Youth Centre or any of the CAB's programs, visit www.cabmn.org or the Mansonville Youth Centre Facebook page.

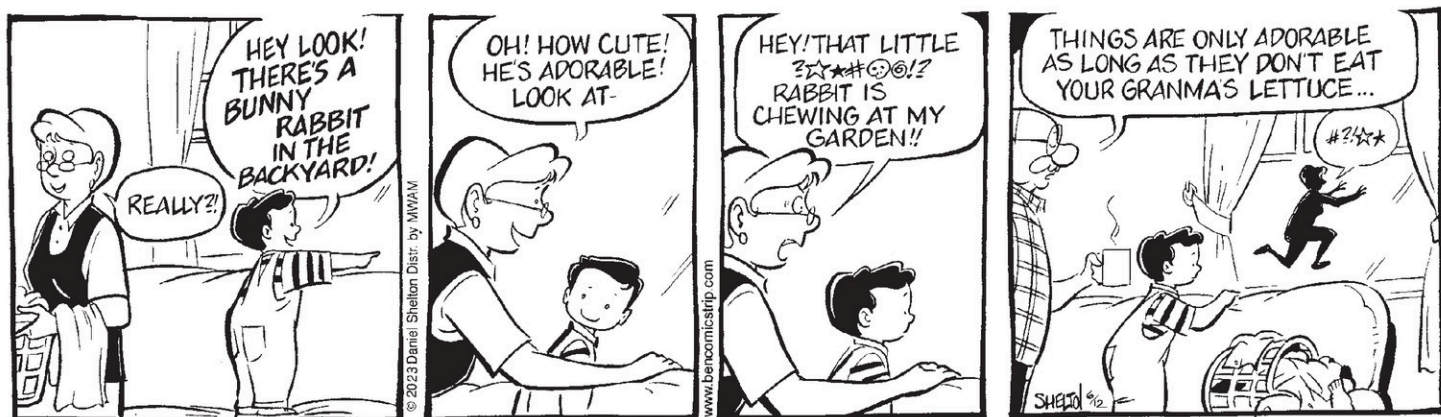


Karina Rose Coates is presented with thank you gift by Youth Centre Coordinator, Ethan Ball



SADD group: Dakota Paige, Alexis Eldridge, Zennon Fournier, Ethan Ball(Coordinator), Mya Gardner and Amelya Jersey

Ben by Daniel Shelton



‘Everybody needs to make their own decision,’ says sole MP to oppose C-13

By Jack Wilson
Local Journalism Initiative

Anthony Housefather, the Liberal MP from Mount Royal and lone parliamentarian to vote against language Bill C-13, said he “did exactly what I am supposed to do,” in voicing his opposition to the inclusion of Bill 96 references. Fellow Liberals supported his objection to those references, he said, while opposition parties ultimately ensured their inclusion in the bill. But when it came time to vote, “everybody needs to make their own decision whether you can live with the bill or not based on how it ended up.”

Bill C-13 will amend the federal Official Languages Act, which oversees the use of French and English across the country. It has garnered controversy for its three references to Quebec’s updated Charter of the French Language, Bill 96, provincial legislation restricting access to English-language services. Bill 96 “is opposed by virtually the entirety of English-speaking Quebecers,” Housefather said. Some politicians may support the Bill 96 references to “win votes in Quebec,” he said, “I don’t want to read into people’s intentions.”

While anglophone advocacy groups including the Quebec Community Groups Network (QCGN) have raised concerns that the Bill 96 references will erode the rights of Quebec’s English-language minority, some politicians have called their inclusion benign. Liberal Minister of Official Languages Ginette Petitpas Taylor said the Bill 96 mentions are “simply a description of the law in Quebec,” in a June 5 appearance before the Senate committee studying the bill. In that same meeting, QCGN lawyer Marion Sandilands criticized the Bill 96 reference in the purpose section of the bill, which “impacts the interpretation of all the articles.”

“I disagree with the perspective that there’s no risk to these references and that they’re meaningless,” Housefather said. Petitpas Taylor “would have to speak to why she’s defending the references,” he said. The minister’s office did not respond to The Record’s request for comment.

Housefather’s major concerns are that civil servants might interpret references to Bill 96 in ways that harm the English-speaking minority in Quebec. A future Conservative government might even use the references to restrict English services to the “historic anglophones” entitled to receive them under Bill 96, he said.

“Do I believe the risk is large that a court would allow that? No. Do I believe that there is a moderate risk? Yes. And I’m not prepared to take a moderate risk on behalf of my constituents that they could potentially lose federal services,” Housefather said.

The references might also make it harder for the federal government to challenge potentially unconstitutional provisions under Bill 96, he said. “I just think it’s something that will give leverage to the Quebec attorney general.”

In a May interview with The Record before C-13’s passage, Compton-Stanstead Liberal MP Marie-Claude Bibeau said, “we had to make some compromises,” in the bill. In reference to Bill 96, “our choice would have been to take it away,” she said. Still, Bibeau chose to vote in favour of C-13 alongside fellow Eastern Townships MPs Pascale St-Onge and Élisabeth Brière, both Liberals.

As Minister of Agriculture, Bibeau told The Record she “would no longer be a member of this team,” were she to vote against the bill. Housefather said it was easier for him, a parliamentary secretary, to oppose the bill than a minister like Bibeau. “As a member she



THE CANADIAN PRESS/ADRIAN WYLD

Liberal MP for Mount Royal Anthony Housefather waits for a session of the Standing Committee on Official Languages to begin, Friday, February 17, 2023 in Ottawa.

would have had to resign from cabinet in order to vote against a government bill,” he said.

Housefather said his colleagues “all understood,” his vote against C-13, “because I was very upfront from the beginning with everybody what I thought of this bill.” He said he experienced no negative fallout from the decision and that he’s “had extraordinary support from my constituents, from English-speaking Quebecers across the province.”

He stressed his support for many parts of the bill, including strengthened powers for the Commissioner of Official Languages. “I would have voted for the bill if the three references to the Charter of the French Language had not been there,” Housefather said, adding that he still had other concerns including around unequal provisions for English and French-language minorities.

With the bill now awaiting Senate approval, Housefather said he’d expressed his concerns to senators Judith Seidman and Tony Loffreda. Still,

“I wouldn’t hold my breath,” he said, for the Senate to suggest amendments.

He criticized “the position of the Bloc Québécois that English-speaking Quebecers somehow don’t constitute a minority community.” “It’s false. It’s absurd,” Housefather said, pointing out that the Canadian Constitution, Charter and even the Official Languages Act with C-13 recognize Quebec anglophones as a minority.

“English-speaking Quebecers are not the enemy of French,” Housefather said. “We embrace the French language. We choose to live in a francophone province. We’re more and more bilingual. Yet we have a higher unemployment rate than francophones. We make less median income than francophones.”

While Bill C-13 remains under committee consideration in the Senate, many measures of Bill 96 became law in Quebec June 1. The Record is monitoring the impacts of those measures on the English-speaking community and wants to hear readers’ experiences as the changes come into force.

Forest fires

CONT’D FROM PAGE 1

“I know there are a lot of citizens who have been evacuated who are anxious to know when they will be able to return home,” she said. “For the moment, the situation remains difficult in the Nord-du-Quebec sector, in Abitibi, so no return in the very short term. That said, things are improving.”

Blanchette Vezina said discussions with local officials about what factors will allow people to return to areas in and around Chibougamau, Que., where around 7,500 people

were forced from their homes, were scheduled to take place Sunday and Monday.

But later in the day, Chibougamau Mayor Manon Cyr said in a video posted on the city’s Facebook page that people could begin returning to their homes on Monday morning, though warned that services will be limited.

Blanchette Vezina said it was too early to discuss plans to allow residents back into the northwestern Quebec cities of Normetal, where

flames were 500 metres from parts of the community on Saturday, and Lebel-sur-Quevillon, where the fire was only a few kilometres away.

Lebel-sur-Quevillon Mayor Guy Lafreniere said the fire has not moved in the past three days. More than 100 firefighters from the United States are expected to arrive on Tuesday and Wednesday to help fight the fire, he said in a live video broadcast on the city’s Facebook page.

Blanchette Vezina said reinforcements from other

jurisdictions are allowing firefighters to launch “coordinated attacks” on the blazes, including a group of firefighters from France who are attacking a fire threatening the Atikamekw community of Obedjiwan.

More than one million hectares of forest has burned so far in Quebec this year, including nearly 750,000 hectares in what the province’s forest fire prevention and fighting service calls its “intensive protection zone”—all of Quebec south of the 50th or 51st parallel, depending on the area.

Anna Canfield (1772–1825), an Active and Overlooked Pioneer

By Gabriel Martin

On May 11, the painter-collagist Adèle Blais launched the exhibition “Que serions-nous?” (What Would We Be?), presented at the Musée des beaux-arts de Sherbrooke until Sept. 3. The exhibition, which is breaking attendance records, showcases 38 portraits of often overlooked women who have shaped history both locally and internationally. Anna Canfield, an anglophone who left her mark on the history of the Eastern Townships, is prominently featured in the exhibition.

But who exactly was she?

Anna Canfield was born on March 7, 1772, in Arlington, Vermont, into a family of industrious entrepreneurs. In her mid-twenties, she married Gilbert Hyatt, a loyalist who aspired to establish an English colony in Lower Canada, far from the tumult of the American Revolution.

After giving birth to her first son in 1799, Anna left the comfort of her hometown to settle in the nearly untamed lands explored by Gilbert and his associates. Over the next dozen

years, she gave birth to five children, taking care of them while staying informed about current affairs on the continent.

Her business acumen, developed since adolescence, proved particularly useful in 1812. Since 1808, Gilbert had been forced to sell his land piece by piece due to crippling debts. Through a series of transactions, Anna managed to gather sufficient funds to repurchase the lost lots in her own name. In doing so, she took possession of the land that now constitutes downtown Sherbrooke, apparently ensuring the economic stability of the nascent settlement.

In 1823, Gilbert died suddenly. After a year of mourning, Anna took up her pen and wrote to the lieutenant governor, explaining that her family had been brought to ruin while developing the territory without receiving the promised financial compensation from the government. She demanded redress. Unfortunately, her request went unanswered. However, looking at that correspondence today allows contemporary readers to grasp Anna’s linguistic mastery, rhetorical skill, and accurate political knowledge.

Apart from a few rays of light that pass through the interstices of the archives, little information sheds light on Anna Canfield’s obscured figure, her thoughts, and ambitions. Nevertheless, it is possible to establish that this pioneer was an active, educated, and supportive individual whose presence influenced the region’s development.

Even today, Gilbert Hyatt is metaphorically referred to as the “founder of Sherbrooke” to emphasize his significant role in the town’s development. Place names like the pont Gilbert-Hyatt and the rue Hyatt in Sherbrooke perpetuate his memory. However, there is no symbolic title or dedicatory toponym immortalizing Anna’s memory. The contribution of this woman remains confined to the background, overshadowed by a man.

This situation is reminiscent of how Jeanne Mance was relegated to the shadow of Maisonneuve for centuries until she was declared a founder of Montreal in 2012. One may wonder if, through a comparable act of recognition, Anna Canfield should be considered as significant as Gilbert Hyatt on a symbolic level. Should she even be recognized as a co-founder



ADÈLE BLAIS

of Sherbrooke? In any case, it is important to give to Clio what belongs to Clio, so to speak – in other words to give credit where it is due and extract this overlooked woman from oblivion by acknowledging her rightful place in history.

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Quebec Community Groups Network wraps up annual meeting

Resolves to be a Strong Voice for English-speaking Quebecers

Record Staff

The Quebec Community Groups Network (QCGN) concluded its 28th annual meeting over the weekend, resolved to continue to serve as a strong and unifying voice for English-speaking Quebecers.

The group met under the theme #OuiOurQuebec - Our Community, Our Province, Our Quebec! Members and stakeholders in attendance expressed their commitment to this province, the future of the French language and the importance of community vitality.

In a press release, QCGN President Eva Ludvig pointed to the most pressing issues the group is facing. "The most important QCGN work in the past year has been our continued and unflagging fight against damaging legislation at both the federal and provincial levels," Ludvig commented. "These are Quebec's Bill 96, which amends the Charter of the French Language and introduces the pre-emptive use of the Notwithstanding Clause, and that bill's incorporation into Bill C-13, the revised federal Official Languages Act." She added that "both those exercises have been uphill climbs and have yet to produce the kind of results we seek."

"We have continued to express our opposition to Bill 96, while clearly and forcefully making the point that the English-speaking community of Quebec - and by extension, the QCGN - stand foursquare in favour of measures

to protect and promote French in Canada, including Quebec - without trampling on our rights."

"The QCGN has also continued to make progress with a renewal process that will set the course for our organization during what I expect to be challenging years ahead," added Ludvig: "This comprehensive process has helped the QCGN stay on course in our commitment to adapt to the needs of our community."

In a statement following the annual meeting, QCGN Director General Sylvia Martin-Laforge explained the group's multi-year strategic plan "will not only help us realize our mission and vision, it will also serve as an essential tool in navigating the policy potholes and political speed bumps created by governments that don't fully understand or respect our needs, our rights, and our aspirations."

According to QCGN, the plan has now been endorsed as part of the overall renewal process. "This is an evergreen document meant to see us through the next five years and perhaps beyond - adapting to changing needs while ensuring we remain a solid fulcrum for our community, as well as focal point, a leader, and a voice," added Martin-Laforge.

During the Annual General Meeting Saturday afternoon, some familiar faces and some newcomers were acclaimed to the Board of Directors. Back for another stint are Alix Adrien,



QCGN

Front row: Katherine Korakakis (Vice-President); Eva Ludvig (President), and Eleni Bakopanos (Secretary). Back row: Alix Adrien, Chelsea Craig, Eric Maldoff, Joan Fraser, Maria Kyres, and Peter Starr. Missing from photo: Matt Aronson, Chad Bean, Grant Myers and Marlene Jennings

Matt Aronson, Eleni Bakopanos, Joan Fraser, Marlene Jennings, Katherine Korakakis, Eva Ludvig, and Eric Maldoff. Joining the board are Chad Bean, Grant Myers, and Peter Starr. Eva Ludvig was re-elected QCGN president. Joining her on the executive committee are Katherine Korakakis (Vice-President); Eleni Bakopanos (Secretary); and Grant Myers (Treasurer). Elected to three new board positions, representing the new category of individual members, was a strong youth contingent: Chelsea

Craig, Jordan Black, and Maria Kyres. During the two-day annual meeting, the QCGN also celebrated 10 Community Innovation Fund projects that transformed the lives of individual English-speaking Quebecers. Funded by the Government of Canada's Social Development Partnerships Program - Children and Families Component, and managed by the QCGN, the \$1.1 million fund targeted the particular needs and priorities of vulnerable English-speaking youth and seniors.

Plymouth-Trinity's Lenten share calendar donation, 2023



PLYMOUTH-TRINITY UNITED

On June 3 representatives from Plymouth-Trinity United Church presented a donation of \$900 to Noriko Imaizumi, founder and volunteer director of the new (2022) facility in Sherbrooke helping people with spinal cord injuries, cerebral palsy and other neurological conditions: Adapted Training Centre FSWC (First Steps Wellness Centre) Quebec. In the photo are Vivienne Galanisand, Noriko Imaizumi Inge Lunkenbein.

Friendship Day

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PHOTOS MATTHEW MCCULLY



EDITORIAL

In Canada, before capital punishment was abolished, chopping off the head of a condemned criminal was never fashionable.

Support for capital punishment rises though murder rate low



PETER BLACK

member's bill to restore the death penalty in 1987 that failed, capital punishment is considered pretty much a settled issue in Canada.

No law, commandments or not, is cast in stone, however. A recent poll shows 54 per cent of Canadians favour a return of state execution. Among Conservative voters the support hits 71 per cent, while both Liberal and New Democrat voters are at 48-49 per cent.

Regionally, 62 per cent of Albertans want the return of the noose, while Quebecers are only 43 per cent inclined.

Although Conservative Leader and would-be prime minister Pierre Poilievre plays the tough on crime card, it's unclear whether he is in favour of the death penalty. There is no reference to it in the 2021 Conservative Party platform, so it would seem a hanging debate is not on the horizon should PP and friends come to power.

Should, however, a future Canadian government want to bring back the noose (or the chair, or the needle or whatever lethal mechanism) there is a question of whether that's even possible.

According to Amnesty International, the fact the Canadian government in 2005 signed and ratified the Second Optional Protocol to the International Covenant on Civil and Political Rights means, "with no mechanism for withdrawal, this legally prevents any return of the death penalty in Canada."

The death penalty might be on the minds of some people these days with the news emerging that Corrections Canada, for reasons yet to be adequately explained, moved convicted monster Paul Bernardo from maximum security Millhaven Institution near Kingston, Ontario



You might think the term "capital punishment" is just a bland way of saying state execution. As it turns out, "capital" refers to capitalis, Latin for "referring to the head," as in decapitation.

In Canada, before capital punishment was abolished, chopping off the head of a condemned criminal was never fashionable. Hanging was the preferred technique, either short or long drop, the last one - a long drop - conducted in December 1962 when Arthur Lucas and Ronald Turpin were hanged together in Toronto's Don Jail. The long drop, alas, nearly decapitated poor Turpin.

The next year, the newly elected Liberal government of prime minister Lester Pearson established the policy of commuting all death sentences handed down by the courts. The government of Pierre Trudeau brought in a law to abolish capital punishment for murder in 1976.

Bill C-84 passed by 130 to 124 where MPs were liberated from the party line to vote their conscience, as they say. A swing of four votes against the bill may have sealed the fate of a string of convicted murders in the years to come.

Since then, although there was another free vote on a private

to the medium security prison at La Macaza north of Mont Tremblant.

Were there a death penalty at the time of Bernardo's 1995 conviction, there's little doubt he'd no longer be among the living and his continued existence would not be bringing everlasting torment to the loved ones of the young women he murdered.

Yet for every Bernardo, Russell Williams, Robert Pickton or Clifford Olson, as worthless as their lives may be, there's a Stephen Truscott, David Milgaard, Donald Marshall Jr., Guy Paul Morin - some high-profile examples of the at least 20 Canadians who were convicted and served time for murders they did not commit.

The risk of wrongful conviction is one of the most dramatically compelling arguments against capital punishment. Once someone's been hanged for murder, it's awfully hard

to make amends if that conviction is later proven to have been in error.

As counterintuitive as it seems, abolishing the death penalty has not provoked a spree of murders with the deadly deterrent removed. The murder rate in Canada has declined steadily over the years, and, though there has been a slight spike in the last few years, it hovers at about two victims per 100,000 population.

In Quebec, for example, there were 166 murders in 1992; in 2021 there were 88. Obviously, many factors affect that decline, but clearly the implication is murderers have not been encouraged by the absence of the death penalty.

As for Bernardo and the like, most folks might agree with Ontario Premier Doug Ford's belief that they "rot in hell," leaving us to wonder whether La Macaza medium security prison is hell enough?

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Opinion

The WHO has lifted the Public Health Emergency of International Concern, but ending the ongoing threat of COVID-19 still depends on vaccination and other protective behaviours.

The first line of vaccines was highly effective at restricting COVID-19's damage

By Nana Wu

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After more than three years of COVID-19, the World Health Organization (WHO) reports that over 763 million infections, and nearly seven million deaths, have been attributed to SARS-CoV-2.

COVID-19 vaccination was deemed crucial to prevent the continued spread of the disease, protect those infected from experiencing severe effects, counter the rise of new variants, and ultimately end the pandemic.

The WHO has lifted the Public Health Emergency of International Concern, but ending the ongoing threat of COVID-19 still depends on vaccination and other protective behaviours. Understanding the effectiveness of vaccines remains crucial.

Primary doses and boosters

Today, more than 5.5 billion people (72.3 per cent of the world's population) have received at least one dose of a COVID-19 vaccine. A total of 5.09 billion people have completed a primary COVID-19 vaccination series (i.e., two doses of a two-dose vaccine or one dose of a one-dose vaccine).

At the end of 2021, several countries began offering booster doses in response to research indicating that the effectiveness of the vaccines may diminish over time, especially against the Omicron variant, which emerged in late 2021, and has become the dominant circulating variant.

With this in mind, we sought to answer two questions. First, how well does the primary series of COVID-19 vaccines protect people (against infections, hospitalizations and deaths) four months or more after completing vaccination? Second, how well does the first booster dose protect people three months or more after receiving it?

Answering these questions will provide invaluable information for policymakers to make evidence-based decisions, such as the timing of administering COVID-19 vaccine booster doses.

To answer these questions we sought to identify all studies that:

- 1) Compared people who were vaccinated (either with the primary series or a booster) to people who were unvaccinated;
- 2) Followed people for at least 112 days after a primary series, or 84 days after a booster dose, and;
- 3) Looked at who got infected, was hospitalized or died due to COVID-19.

In total, we identified 68 studies that met these criteria, representing 23

countries. We then combined all the data to better understand how the vaccines' protection changes over time. The results were published in *Lancet Respiratory Medicine*.

Protection against COVID-19, in general

The WHO has set standards to define whether a vaccine offers adequate protection. Specifically, vaccines should show at least 70 per cent protection against infections and 90 per cent protection against hospitalizations and deaths.

We found that the primary series offered excellent protection against hospitalizations and deaths in the short term, showing over 90 per cent protection against both outcomes within 42 days after vaccination. This protection waned over time, going below the WHO recommendation, but stayed relatively high, at around 80 per cent against hospitalizations at eight months post-vaccination, and around 85 per cent against deaths at six months post-vaccination.

The primary series also offered good protection against infections in the short term (over 80 per cent within the first 42 days), but that protection fell to around 60 per cent after four months, and 50 per cent after nine months.

The initial protection of a booster dose was around 70 per cent against infections and 90 per cent against hospitalizations within the first month after vaccinations. Protection then fell to around 45 per cent against infections and to around 70 per cent against hospitalizations after four months had passed. Too little data was available to track the long-term effects against deaths.

Overall, the vaccines work at preventing infections, hospitalizations and deaths related to COVID-19, but their effectiveness does decline over time, particularly against infections. Boosters restore protection lost, but may need additional boosting over time.

Protection against the Omicron variant

Vaccines were generally less effective against the Omicron variant, which emerged in fall 2021, about a year after COVID-19 vaccines were introduced.

Within 42 days after vaccination with the original COVID-19 vaccine formulations, the primary series only reached around 60 per cent protection against Omicron-based infections, and this dropped to around 30 per cent after five months.

The primary series' protection against hospitalization for Omicron infections reached around 70 per cent within the first 42 days, but also dropped over time, reaching closer to 50 per cent after six months. None of these reached the levels recommended by the WHO.

The boosters did fare better in protecting against Omicron. Within the first 28 days after the booster, protection hovered close to the 70 per cent threshold against infections and 90 per cent threshold against hospitalizations

recommended by the WHO.

For context, if individuals delayed the administration of the booster by six months after completing the primary series, their protection levels would be around 20 per cent against Omicron infections and around 50 per cent against hospitalizations right before receiving the booster.

Yet, booster protection also waned over time, falling to about 40 per cent against Omicron infections and 70 per cent against hospitalizations after four months post-booster. Too little data was available to comment on long-term effects against deaths.

With Omicron, boosters are particularly needed to maintain adequate protection, but this protection also needs additional boosting as it wanes over time.

New formulations of mRNA COVID-19 vaccines that target the Omicron variant were introduced in fall 2022, and are recommended for booster shots by Canada's National Advisory Commission on Immunization. The Public Health Agency of Canada recommended in March 2023 that people at high risk of severe COVID-19 get an additional booster shot.

In May, the WHO recommended that new formulations of COVID-19 vaccines should target Omicron XBB variants, which are the dominant variants currently circulating.

Behaviour-based prevention measures remain necessary

While vaccines provide reasonable protection against COVID-19 infections, hospitalizations and deaths, their effectiveness is imperfect and wanes over time, particularly against the now-dominant Omicron variant for people vaccinated with the original vaccines.

Notably, waning is especially pronounced against infections. This means that although being vaccinated is likely to protect most people against becoming severely ill, vaccinated people are still at risk of catching the virus and transmitting it to others — some of whom will be at higher risk of severe complications from the disease.

That means measures like wearing a mask, washing one's hands, and staying at home when sick remain essential complements to vaccination. Contrary to vaccines, these measures do not decline in effectiveness over time and are particularly well suited to protect people against infections.

Eliminating the threat of new COVID-19 infections will continue to rely heavily on a combination of vaccination and behaviours, whereas new vaccine doses will continue to protect those who are infected from severe complications like hospitalizations and deaths.

This article was originally published on The Conversation.



OPERATION BACKPACK

Equipped to Learn

Operation Backpack is serving children at Lennoxville Elementary, Alexander Galt and Grade 6 students from our community schools attending Galt for the first time with a new backpack and school supplies.

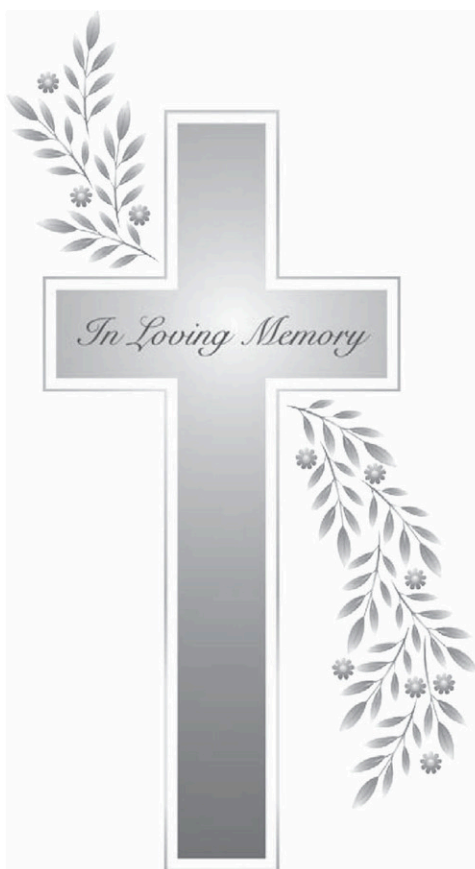
To contribute, please send a cheque payable to indicating "Operation Backpack" on cheque
Lennoxville United Church
6 Church St., Sherbrooke, QC J1M 1S9

Charitable receipts will be issued for donations of \$10 or more

In Memoriam

PHANEUF, Vic: October 11, 1934 – June 12, 2002. In loving memory of a husband, father, grandfather and great-grandfather. Love always. Miss you.

FREDA & FAMILY



Date Book

MONDAY, JUNE 12, 2023

Today is the 163rd day of 2023 and the 85th day of spring.

TODAY'S HISTORY: In 1963, civil rights leader Medgar Evers was assassinated in Jackson, Mississippi.

In 1964, anti-apartheid activist Nelson Mandela was sentenced to life in prison for sabotage in South Africa.

In 1987, President Ronald Reagan challenged Soviet leader Mikhail Gorbachev to "tear down this wall" in a speech delivered in divided Berlin.

In 1994, Nicole Brown Simpson, ex-wife of professional football player O.J. Simpson, and her friend Ronald Goldman were murdered in Los Angeles.

In 2016, a gunman killed 49 people and injured 53 others at the Pulse nightclub in Orlando, Florida.

TODAY'S BIRTHDAYS: Charles Kingsley (1819-1875), priest/historian/author; Uta Hagen (1919-2004), actress; George H.W. Bush (1924-2018), 41st U.S. president; Anne Frank (1929-1945), diarist/Holocaust victim; Jim Nabors (1930-2017), actor; Marv Albert (1941-), sportscaster; Chick Corea (1941-2021), musician; Hideki Matsui (1974-), baseball player; Dave Franco (1985-), actor; Blake Ross (1985-), software engineer.

TODAY'S FACT: Assassinated civil rights leader Medgar Evers' brother, Charles Evers, was the first African American since Reconstruction to be elected a mayor in Mississippi, in 1969.

TODAY'S SPORTS: In 1939, the Baseball Hall of Fame opened in Cooperstown, New York.

TODAY'S QUOTE: "The most wonderful and the strongest things in the world, you know, are just the things which no one can see." – Charles Kingsley

TODAY'S NUMBER: 28 – years the Berlin Wall stood separating East and West Berlin.

TODAY'S MOON: Between last quarter moon (June 10) and new moon (June 17).

Do just one thing



by Danny Seo

When it comes to grass clippings, dead leaves and other yard waste, never let it near storm drains, ditches or waterways like creeks, streams or a river. According to the Environmental Protection Agency, when this material decays, it uses up oxygen in the water, which in turn hurts the aquatic inhabitants. The best thing is to run a lawn mower over yard waste and let it naturally decompose into the lawn, or pile it up in a compost bin to transform it into beneficial mulch.

Location of cervical osteophytes determines pain



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

Dear Doctors: I had severe pain in my neck and couldn't turn my head. I saw an orthopedist, and she diagnosed me with bone spurs on my vertebrae. Apparently, my choices are doing physical therapy, seeing a pain specialist or having surgery. Can you please talk about these options?

Dear Reader: Bone spurs, which are also known as osteophytes, are rounded, bumpy or knobby overgrowths that can develop on the surface of a bone. They form as the body's response to injury or skeletal instability and as a result of various forms of arthritis.

Osteophytes typically form at or near the juncture of a bone and a joint and in areas where a ligament or tendon attaches to a bone. When bone spurs occur in the vertebra of the neck, which is the cervical spine, they are known as cervical osteophytes.

In and of themselves, these bony growths are not painful. However, depending on their size, number and location, they can crowd or touch a nerve or the spinal cord. This can lead to symptoms such as numbness, tingling, muscle weakness, headache and dull, sharp or radiating pain.

Treatment for cervical osteophytes usually begins with a conservative and nonsurgical approach. This includes the use of medications and ice packs, along with rest, to reduce inflammation and manage pain. When over-the-counter drugs don't bring relief, prescription pain relievers, as well as stronger anti-inflammatories, may be recommended. Another option is the use of corticosteroid injections, which can also be effective for

inflammation.

Problems with posture and alignment and deficits in structural support often play a role in the development of bone spurs in the neck. For those reasons, physical therapy to strengthen muscles that support the neck can be helpful. A physical therapist will also be able to evaluate your posture as you sit, stand and move. They can identify any bad habits that have developed and pinpoint potential movement triggers that make the symptoms worse. For some people, several sessions of physical therapy can bring relief. For others, it can become an ongoing part of managing the condition. Your doctor may also recommend integrative treatments, such as acupuncture or chiropractic adjustment, which can increase mobility and manage pain.

When the symptoms are severe enough and have failed to improve with more conservative treatment, surgery may become an option. There are several approaches, including some that are minimally invasive. Each involves the removal of excess tissues that are impinging on nearby nerves or the spinal cord. In some cases, it is possible that a compressed or damaged disc may need to be removed. The specifics of each person's condition, which include where on the cervical spine the bone spurs are located, will determine the optimal approach.

While this type of surgery can offer significant relief, there are also risks involved. These include nerve damage, blood clots, infection and injury to the surrounding tissues. It is always important to get a second opinion when opting for surgery, and to take great care in selecting a surgeon who is experienced in the intended procedure.

(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, 10960 Wilshire Blvd., Suite 1955, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

MS lives here.

MS is the most common neurological disease affecting young adults in Canada.

MS Multiple Sclerosis Society of Canada
1-800-268-7582 www.mssociety.ca

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)

Discounts: 2 insertions or more: 15% off
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

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

DEADLINES FOR DEATH NOTICES:

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.

Hoarding ruined my marriage

Dear Annie

MONDAY, JUNE 12, 2023

Dear Annie: Eight years ago, it felt like I had a mental breakdown trying to deal with all the clutter coming in our house. I told this to my wife, but her reply was to justify why she needed everything.

Meanwhile, my frustration turned from anger to rage, and I started throwing things and shouting at her and not understanding how attached she was to her stuff. I threw boxes and boxes into the trash. Fast forward eight years to the present, and the situation hasn't gotten any better. Her relationship with me has been put in a box and stored somewhere in the garage. These last eight years, I've been trying to cater to her and make her feel happy again. Me throwing her stuff away was like I was killing the kids or something.

I was wondering if it's possible for me to file a lawsuit against her. I feel like I've been living in a prison for the last 25 years. It has pushed me to a point where I feel like I am losing control of myself. I am suicidal and depressed. I totally realize my actions were uncalled for. But it just felt like I was backed into a corner, and I kept getting prodded and poked and finally I unloaded.

This was totally out of character for me, but when you ask your wife, day after day, to please pick up her paperwork from the dining room table and nothing happens except more piles of paperwork start accumulating – it's too much.

Anyway, I was just wondering if there's some way we could get the justice system involved to get her help. I'm just so frustrated that I put 25 years of my life into this woman and she just took advantage of everything I have done for her.

So now she's put a restraining order on me. It was delivered to me as I was checking out of the Veterans Affairs mental hospital.

On the day I arrived for the restraining order court date, she served me with divorce papers. And then, true to her hoarding nature, she is attempting to cut me out of everything and keep it all for herself. I feel so helpless. I'm not seeking revenge or trying to make her life difficult. But I would love to see her get some help. – Left Out

Dear Left Out: At this point, the best "revenge" for all the turmoil and depression that you say she imposed on you, through her cluttering and giving up on the marriage, would be to live well. The best way to live well is to focus on what you can control. You can't control her actions, but you can seek help for anger management, depression and grief counseling for the marriage that did not work.

The best lawyer to get would be a divorce lawyer. And keep seeking help from the VA mental hospital. Good luck to you.

Dear Annie: I have known one of my friends, "Pam," for more than 50 years, and at times she has been a very good friend. She and her husband introduced me to my now-ex-husband and were both in my wedding party.

Last year, I had a disagreement with a mutual friend, "Sharon." Quite frankly, I thought Sharon was in the wrong, but I decided her friendship was more important than who was right and who was wrong. I apologized to Sharon and took the blame.

When we all had our 50th high school reunion recently, Pam hung out with Sharon and only briefly said hello to me, though her husband came over to talk to me.

More recently, she sent me an email saying that my ex-husband had come to visit her husband and her. She said that he looked badly, and he told her that my children have not been there for him, which is not the truth. She told me I should speak with my adult children and tell them to visit him more.

I feel that in both instances – with Sharon and my ex-husband – Pam judged me without hearing my side of the story. I would never dream of telling her that her two kids were not assisting her or her husband without knowing more. How should I handle this? – Friends Like These

Dear Friends Like These: It is inevitable that people will make assumptions and judgments about one another's personal business. It's petty, foolish – and utterly human. Trust yourself and your decisions and put no stock in others' uninformed opinions of your life. You can't manage everyone's perception of you, and you'll go crazy trying.

That said, you can and should tell a

friend when she's been hurtful. Share with Pam what you shared with me: You would never presume to tell her how she should manage her personal affairs, and you hope she will put herself in your shoes and see how her comments could come across as judgmental.

Dear Annie: I've been told that young people should use a credit card more often so that they can build a good credit history. I'm 24. I'd like to get a credit card that I can use for small recurring expenses. But I don't really know anything about banking, let alone which of the dozens of options is right for me. I'd like something with travel benefits, such as airline miles. And of course, there are technical things like interest rate to take into account. Can you provide some clarity on credit cards for beginners? I've heard horror stories about credit misuse. But more importantly, there are just so many similar options! No one taught me how to do this. – Credit Confused

Dear Credit Confused: You don't sound so confused, only (wisely) trepidatious. You've got the right idea about using a credit card for small recurring expenses, such as utility bills. If you fly a lot, choosing one

of the airline cards could be a good option, as you'll often automatically get perks such as free checked bags. This is better than usage-dependent perks (e.g., spending \$2,000 in the first three months of opening an account), which can end up encouraging you to spend more than you can afford. I'd also recommend looking at not just the introductory interest rate (which is often 0 percent) but the rate after the introductory period is over. However, no advice I could offer can take the place of advice from a good financial adviser. Financial advisers aren't just for the wealthy. Accredited Financial Counselors work with low- and middle-income clients. You can visit their website (<https://www.afcpe.org>) to learn more and find an accredited counselor.

"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.



The Record will be publishing a keepsake special section for E.T.S.B. High School Graduates of 2023

The Record wants to honour the E.T.S.B. High School Graduates of 2023 with a special section on June 20.

We are inviting proud parents, grandparents, aunts, uncles, friends and neighbours to send a message of congratulations – **FREE OF CHARGE** – to be published in this section.

Email your submission, with the graduate's name and high school, to classad@sherbrookerecord.com before June 13, 2023



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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.

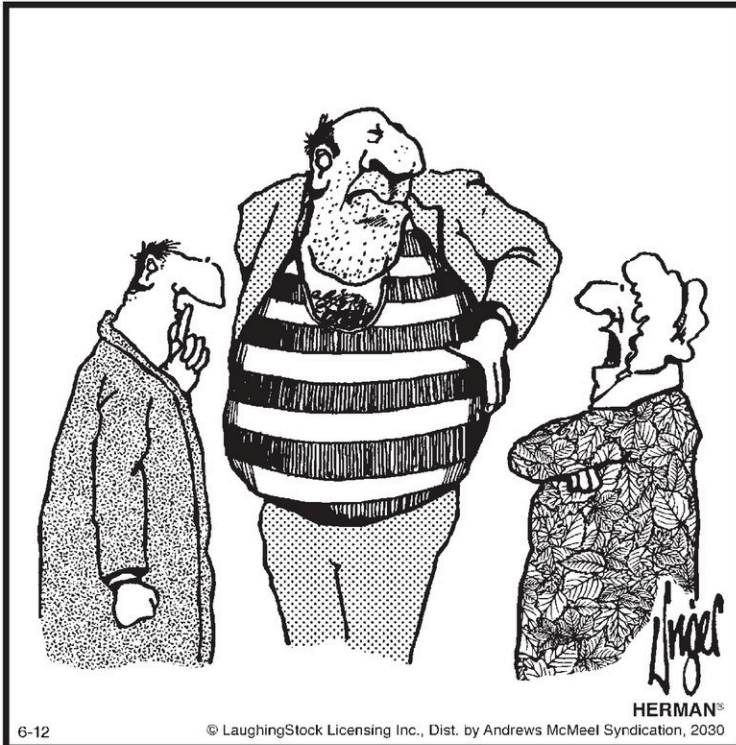
"HFM PYDX WF XYW, ZAXXV YET
LKXYWPX HFMK VYZZOFE, YET SOB PW
SFK VXKSXUWOF E XDXKH ZWXV FS
WPX JYH." — TYEUXK YLLH AXX
NOAAXK

Previous Solution: "I think, if you were being cruel to animals, then the thought of eating them would be horrific." — Elizabeth Hurley
TODAY'S CLUE: 9 sjenbe g

REALITY CHECK

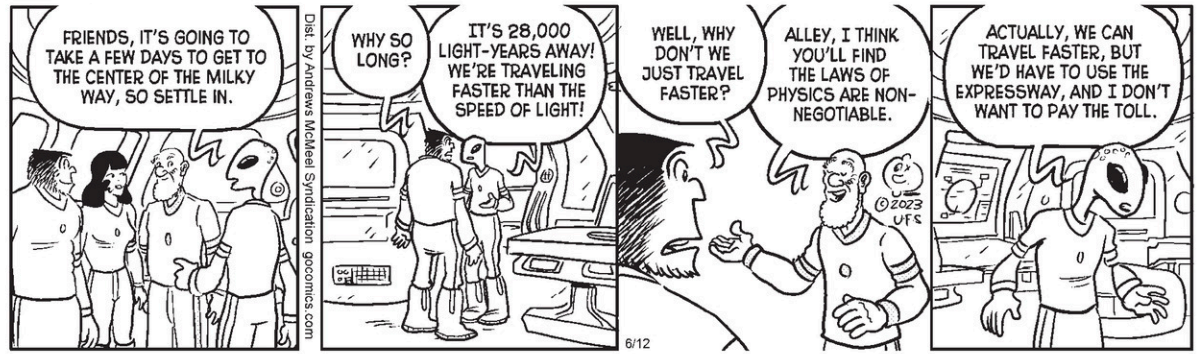


HERMAN

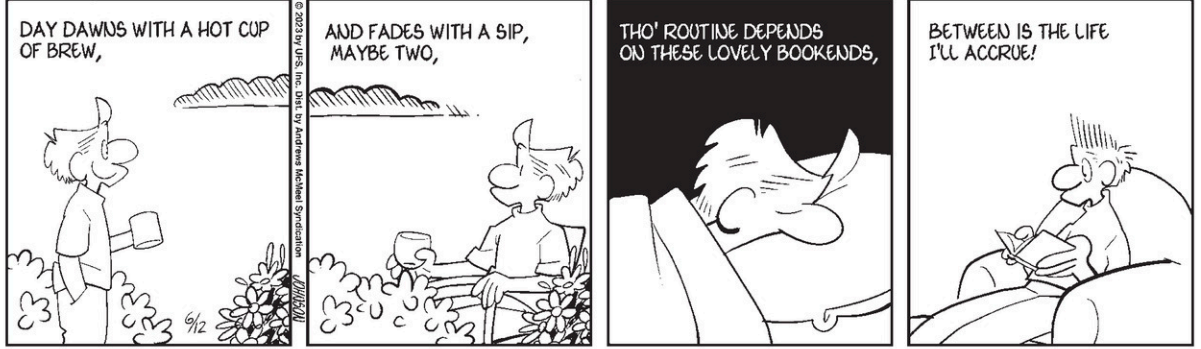


"Just you start something...
My husband's a karate expert!"

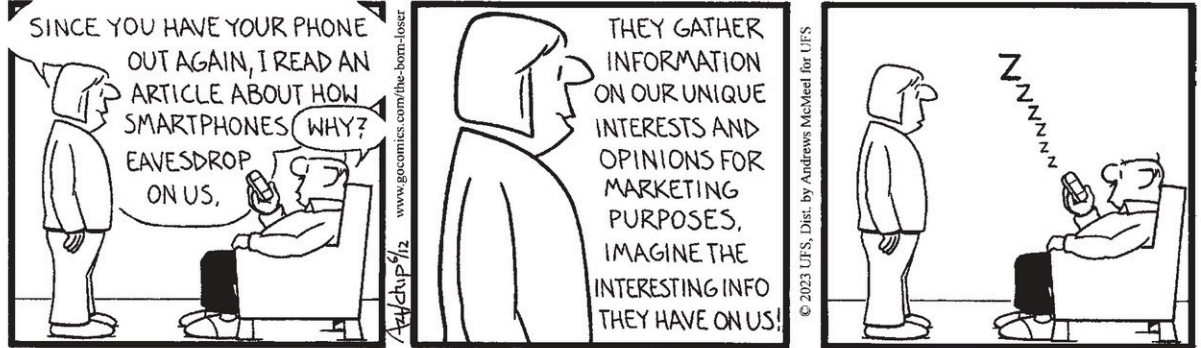
ALLEY OOP



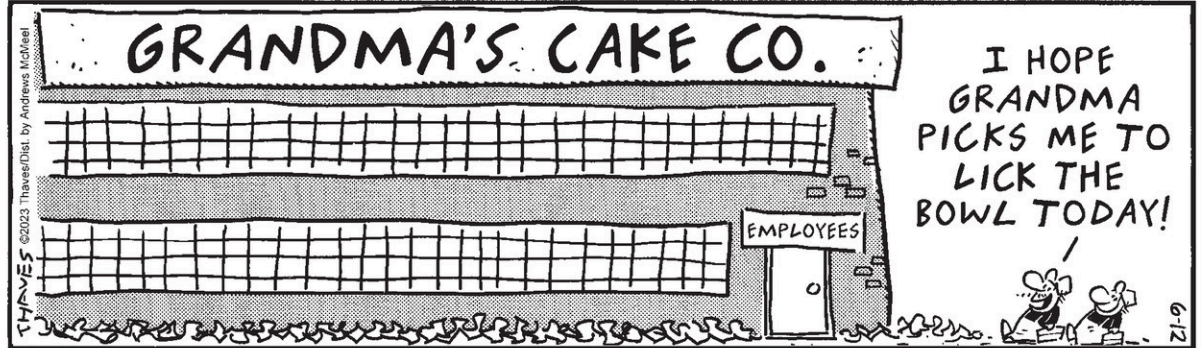
ARLO & JANIS



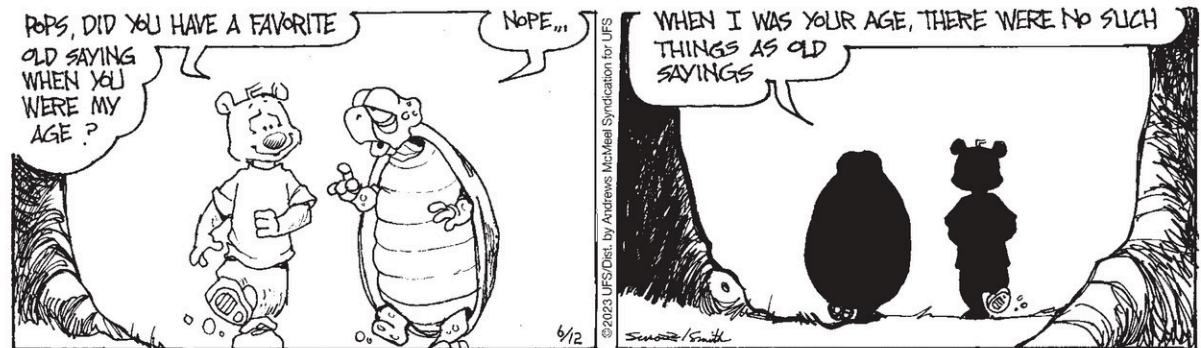
THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



THATABABY



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 or Knowlton: (450) 242-1188 between 9:00 a.m. and noon

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PUBLIC NOTICE

Notice is hereby given, in accordance with section 278 of the *Education Act*, that the budget for the 2023-2024 school year will be presented for adoption by the Council of Commissioners at the next Board meeting on Tuesday June 27th, 2023 at 7:00 p.m. The meeting will be held virtually and in person in the Board Room of the Eastern Townships School Board **located at 340, Saint-Jean- Bosco, in Magog, QC.**

Given in Magog, Quebec, on this 12th day of June 2023.

Éric Campbell,
 Secretary General

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

			3	6		4	2	
					2		5	7
2	4	5	8	7		3		
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6/12

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PREVIOUS SOLUTION

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

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

THE RECORD

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THE RECORD

Job Opportunity

The Record is seeking a dynamic, focused **Marketing and Sales Representative** to present its print and digital packages to advertisers and institutions.

The successful candidate will have an understanding of digital technology, social media platforms, video advertising and the various tools and strategies employed to expand the reach of print advertising, and the bilingual communication skills required to convey the benefits of digital options to local businesses.

Candidates must have access to a vehicle.

Salary plus commission.

The Record is the Eastern Township's only English-language daily newspaper, serving the region since 1897.

Interested applicants should send a cover letter and resume as soon as possible to **Sharon McCully, Publisher, The Record,** outletjournal@sympatico.ca

NEA Crossword Puzzle

Your Birthday

MONDAY, JUNE 12, 2023

send the wrong message. Don't force change when you aren't ready to make a move. An impulsive act will lead to disappointment. Keep a steady pace.

SAGITTARIUS (Nov. 23-Dec. 21) - Take care of money matters and documents that need updating. Handling your affairs promptly will help build a good reputation. Concentrate on maintaining healthy habits.

CAPRICORN (Dec. 22-Jan. 19) - Do your best to get along with friends, relatives and colleagues. Don't let your emotions take the reins, revealing something you'd rather keep secret. Don't give up or give in prematurely.

AQUARIUS (Jan. 20-Feb. 19) - Consider all financial possibilities. Invest in your skills, qualifications and home. A physical push will backfire, causing a rift between you and a close friend or family member.

PISCES (Feb. 20-March 20) - Joint financial ventures will cause uncertainty and possible regret if you don't set down ground rules. Changing how you manage your money won't please everyone, but it should protect you.

ARIES (March 21-April 19) - Pay attention to what you spend and how much you owe. Don't discuss your plans with someone prone to stealing your ideas or taking control. If you want to be competitive, work alone. A self-improvement project will turn out well.

TAURUS (April 20-May 20) - You'll accomplish the most if you approach others with encouragement and charm. Offer unique ideas, but don't push what you want on others. Change begins with you. Be ready to compromise.

Open your doors, host events and explore what others offer this year. Challenge yourself to help those less fortunate while turning your life into something that makes you feel good about yourself and your contributions. Put home, comfort and family first, and set an example. Make peace and love priorities.

GEMINI (May 21-June 20) - Share information if it helps you assess your options and get things done. Don't limit what you can do. Forge ahead with a positive attitude and a plan. Self-improvement projects will build confidence.

CANCER (June 21-July 22) - You will be misconstrued. Listen, observe and choose your words carefully. A change will require connecting with someone you can trust to finish things on time. Follow your instincts.

LEO (July 23-Aug. 22) - You've got the energy to execute your plans. Refuse to let anyone distract you from reaching your objective. Align yourself with like-minded people, and you'll find it easy to stay on track.

VIRGO (Aug. 23-Sept. 22) - Focus on the changes you want to implement, but don't lose sight of your budget. A cost-efficient change will ease stress and help you remember what's important.

LIBRA (Sept. 23-Oct. 23) - Share your thoughts with someone knowledgeable. Work alongside people who are good at taking orders. A change at home may not be welcome, but it will prove to be relaxing.

SCORPIO (Oct. 24-Nov. 22) - Make slow progress. A physical response will

Answer to Previous Puzzle

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

- ACROSS**
- 1 Yon maiden
 - 4 Stockholm carrier
 - 7 Fruit-bearing tree
 - 10 Cribbage markers
 - 12 Like good brandy
 - 14 Inventor Whitney
 - 15 Siberian river
 - 16 Sports event
 - 17 Finger count
 - 18 Conclude
 - 20 Make holy
 - 22 Exasperate
 - 23 Common pronoun
 - 24 Big Dipper neighbor
 - 27 Registered on sonar
 - 30 Prescribed amount
 - 31 Wide yawn
 - 32 Rand of fiction
 - 34 Make lace
 - 35 Playpen occupants
 - 36 Not tied up
 - 37 Corrects
- DOWN**
- 39 Oscar or Olivia
 - 40 "Ooh" companion
 - 41 Close kin
 - 42 Undergo fission
 - 45 Power
 - 49 As well as
 - 50 Sheepfold
 - 53 Not easily found
 - 54 Wanted poster abbr.
 - 55 Pile
 - 56 Laundry problem
 - 57 Prom locale
 - 58 Legal matter
 - 59 Glide downhill
- ACROSS**
- 7 Throw a party for
 - 8 Seine aits
 - 9 Processes cotton
 - 11 Water gate
 - 13 Fillet a fish
 - 19 - -Magnon
 - 21 Strain, as an engine
 - 23 Puppy complaints
 - 24 Insect killer
 - 25 Shuttle launch sound
 - 26 - Spumante
 - 27 Soft touches
 - 28 Rank below marquis
 - 29 Did Easter eggs
 - 31 Barbarian
 - 33 Once called
 - 35 Rustic roofing
 - 36 Muscle cells
 - 38 Moo goo - pan
 - 39 Take the title
 - 41 Leaks slowly
 - 42 Doe's mate
 - 43 Very slow
 - 44 Rich soil
 - 46 Knocks
 - 47 Empathize
 - 48 Bigfoot's kin
 - 51 Above, in verse
 - 52 Menlo Park inits.

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MONDAY, JUNE 12, 2023

You must keep him off the lead

By Phillip Alder

Coaching is not about what's wrong; it is about what's next.

Steve Conrad of Manhasset, Long Island, teaches bridge classes both on ships and online. He has a good eye for an instructive deal. This one was declared by one of his students, Pat McDermott of Richmond, Virginia.

What did she do in five diamonds after West led the spade queen?

It is slightly surprising that West did not compete with five hearts despite North's one-no-trump overcall. How do five hearts and five spades fare?

In five diamonds, McDermott saw 10 top tricks: two spades, seven diamonds and one club. Playing East for the heart ace seemed wrong. Instead, declarer hoped to establish a second club winner. However, she had to do that without letting East get on lead to push a heart through her king.

South let West win the first trick. She took the second spade and discarded a club from her hand. She pitched another club on dummy's other high spade, cashed the club ace, ruffed a club high, played a trump to dummy's eight, ruffed another club, returned to dummy with a trump and ruffed a

		North	06-12-23
		♠	A K 4
		♥	7 6
		♦	K J 8
		♣	A J 9 6 2
West		East	
♠	Q J 10 9 5 3	♠	8 7 2
♥	A Q J 9 4 3	♥	10 8 2
♦	—	♦	7 5 3
♣	8	♣	K Q 10 5
		South	
		♠	6
		♥	K 5
		♦	A Q 10 9 6 4 2
		♣	7 4 3
Dealer: West			
Vulnerable: Both			
South	West	North	East
	1♠	1NT	Pass
3NT	4♥	Pass	4♠
5♦	Pass	Pass	Pass
Opening lead: ♠ Q			

third club. Finally, a diamond to the king permitted declarer to pitch her heart five on the club jack. Nicely done and plus 600.

Five heart and five spades can be taken down two by keeping West from getting into his dummy. North-South cash their three black-suit winners and then play a diamond. South will collect his heart king in a moment. However, that is only 500 for North-South.