

Hospital numbers currently hovering around 1,000

Record Staff

Quebec's Monday update on the COVID-19 situation in the province included 1,002 people in hospital with the virus. Similar to what happened last week, this number represents an increase of 13 compared to numbers recorded but not reported on Sunday, but a decrease overall from where things stood at the end of last week. The number of people in hospital specifically because of Covid was 408.

The number of people in intensive care increased slightly to 48, 36 of whom were in ICU because of the virus.

There were five new Covid-related deaths recorded across the province in Monday's data which, added to 25 that were recorded over Saturday and Sunday, brought the overall total since the start of the pandemic to 14,265.

As of the start of this week there were 61 people in hospital with COVID-19 across the Eastern Townships, only one of whom was in intensive care. Meanwhile, the number of deaths linked to the virus in the region remained unchanged at 547.

Townshippers continue to offer support to Ukraine



DAVID WINCH

On Sunday afternoon at 2 p.m. roughly 75-80 people gathered at the war memorial in North Hatley and paraded silently over the bridge to the lakefront park gazebo, behind some carrying Ukrainian flags. There the North Hatley mayor addressed the crowd and introduced a speaker who denounced Putin's aggression. To conclude, a soloist sang the Ukrainian anthem in English and Ukrainian.

Submitted by David Winch

Record Staff

As the invasion of Ukraine continues, communities and organisations across the Eastern Townships have continued to show support for the Ukrainian people in a variety of ways.

On Sunday evening Bishop's University hosted a solidarity event at Centennial Theatre, including a presentation by Canada's Ambassador to the United Nations, Bob Rae, a silent auction fundraiser for Ukrainian students, and a performance by the

cast of the recent musical production, Godspell.

Elsewhere, municipal buildings in Sherbrooke and Richmond have been seen flying Ukrainian flags, and both municipalities have expressed interest in supporting and welcoming refugees.

The Service d'Aide aux Neo-Canadiens (SANC) recently issued an update on the situation regarding refugees from Ukraine, stating that they are at work now getting ready to help families when they arrive.

The organisation is particularly

looking for people who might be able to act as interpreters for Ukrainian and/or Russian. Anyone who may be able to fill this role is encouraged to send a CV by email to liaison.bi@sanc-sherbrooke.ca as soon as possible.

Alternatively, people who are just interested in volunteering their time and not necessarily their language skills can reach out to sanc@sanc-sherbrooke.ca.

While awaiting further directives and information, the group is also on the lookout for four to six room apartments for rent in the area.

THE
RECORD

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

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

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



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

The Record e-edition

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

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

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

Record subscription rates
(includes Quebec taxes)

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

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

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

Subscribing is as easy as 1,2,3:

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

Weather



TODAY:
MAINLY CLOUDY

HIGH OF -1
LOW OF -6



WEDNESDAY:
A MIX OF SUN
AND CLOUDS

HIGH OF 7
LOW OF 1



THURSDAY:
MIXED
PRECIPITATION

HIGH OF 4
LOW OF 3



FRIDAY:
CLOUDY WITH
SHOWERS

HIGH OF 7
LOW OF 2



SATURDAY:
CLOUDY WITH
SHOWERS

HIGH OF 5
LOW OF 0

Shauna Viens Davies— Winner of The Shooting Range Season 2

By Sheila Quinn

Last week Knowlton resident Shauna Viens Davies (who grew up in the Richmond/Melbourne neck of the woods), worked her way up to the winning spot in The Shooting Range online photography contest's second season, eliminating the eleven competitors, by not just surviving the cut each week, but by elevating her game.

Here is a conversation with the sharp-shooting Shauna:

When did you leave the Townships?

I left the Townships in 2002 when I joined the military. After completing basic training in St. Jean I was posted to CFB Petawawa and Ottawa until my release in 2013. Moved back in autumn of 2020, to Knowlton this time.

What first got you interested in photography?

I think I have always been interested in photography (my grade 6 yearbook from St. Francis says I wanted to be a photographer). I've always been interested in capturing life's little moments. My passion really took off after having children of my own and it kind of grew from there.

Shauna and her husband Cyriaque have two daughters, who were also subjects in several of her entries in weekly briefs outline by The Shooting Range.

With easier access to technology and advances in the photography world, many photographers today are self-taught. Have you ever taken photography courses?

I had the opportunity to work with the Military Image Techs in Ottawa before my release and gained a lot of knowledge from there. Otherwise I have taken a few courses at the School of Photographic Arts in Ottawa (where I had a piece featured in one of their gallery shows) and the rest has been self-taught.

What are some photography shoots you have participated in?

I have done a few weddings and mostly family shoots and did portraits and event photography while working with the military Image Techs. I got to shoot Prince William when he came to Ottawa in 2011 (sadly from a distance!)

How did you learn about The Shooting Range competition/contest?

I follow two of the judges from season one of The Shooting Range on Instagram and learned of the competition through one of their posts promoting Season 2.

What prompted you to participate?

It took me a little bit to enter the competition. I didn't know if I had what it took and the thought of participating in something like this was a bit overwhelming. It was the final day that they were accepting portfolios to be considered and I was like screw it, just do it! So I threw something together quickly and entered not really expecting to hear back until I got word right before Christmas that I had been chosen to compete!

What was your attitude/approach going into this?

I had a little pep talk with one of my photography mentors from the military before starting and her one piece of advice was "Don't phone it in" meaning give it your all and don't 'half-ass' it so that was my approach going in. I did not know what to expect challenge-wise so I just vowed to stay true to myself and do the best I could and honestly my main goal was just not to get eliminated the first week...the rest would just be icing on the cake!

There was a lot of icing.

Because each week Shauna just kept making it through, not always a front-runner, but always still in the pack that moved forward.

Give us a basic run-down of the process, the stages and participants.

So, there were 12 participants from all across Canada and there were three panel judges and one guest judge each week. Every Sunday we were given our brief for the week and we had one week to research, plan, shoot, edit and submit our entry including artist statements. Live judging and mentoring was every Wednesday night over Zoom meaning you did not know if you were eliminated before receiving the next week's challenge and therefore had to decide if you were going to start working right away or wait until you found out the results on Wednesday, which only left you with a few days to shoot.

All participants were however encouraged to continue with the challenges each week, even after being eliminated, as the judges would still provide critiques and mentoring which was invaluable. So in the end we had nine weeks of challenge briefs and the final portfolio for the final three challengers. Judging was based on power rankings (how impactful was your image and did you stick to the objectives in the brief) and hit rankings were based on technical skill and those numbers as

well as overall ranking were combined each week for the final scores.

Who did you think was your most fierce competition?

Honestly, I was intimidated by everyone!! As I was going through everyone's socials and checking out their work before starting I was like, uh-oh! Some of the participants' work as photographers full-time and their work is phenomenal so I knew that there were some very strong technical shooters going in.

What are some of your favourite shots of your own?

Some of my favourite shots were ones that I did with my girls. It was fun and memorable to include them in the process and capture them at this time in their lives.

Which assignments were the most difficult?

Many of the assignments were emotionally challenging. They really forced us to look at ourselves and to look at different social and historical events. One of the most challenging for me was The Ripple Effect week where we looked at Indigenous issues because I made a point of really sitting in that space and I wanted to be respectful and do the topic justice. Dancing in my underwear was also a vulnerable yet liberating experience!!

There were many weeks where I prepared my farewell speech in the shower that morning as I was sure I was being eliminated and was surprised when I was still hanging on!! Surprising yet not surprising was the amount of support all the challengers gave to each other and the support from the mentors. It was a really warm and loving environment that fostered creativity and learning and just human connection (albeit virtual) that I think a lot of us were craving and missing.

What was your feeling going into the home stretch?

Going into the home stretch I was nervous and excited! I was starting to get a bit pooped as the challenges got more and more emotional and technical each week and it was tough to say goodbye to people each week as we quickly developed friendships. There was a point near the end where I was like holy crap, I might actually have a chance at winning this but I really just focused on what I wanted my final Passion Portfolio to portray and how I wanted to portray it.

CONT'D ON PAGE 7

Ben by Daniel Shelton



Local News

It's hard enough to get funding for basic services, they continued, like discussion groups. It has led to employees burning out, as they work on minimal salaries, and try to support a vulnerable community at all hours.

Fun day of painting at Dixville Foundation

By Johnathan Houle
Special to The Record

Smiles were on many faces at the Dixville Foundation's drop-in centre on Saturday morning as a first group of participants put paint to canvas. The painting activity was the first big group activity of the year with participants and educators all excited to host them once again.

Virginia Jackson, a regular to the centre since 2003, was happy to be back doing group activities in person.

"I love it, it's nice to get out of the house and spend time with friends," she said, describing the group activity as a wonderful change of pace. She would much rather enjoy the moment painting than be at home. A common sentiment among the dozen or so participants who made their way through the Saturday rain to take part in the activity. Allyson Masse also shared her love for the activity, saying, "We do this a lot at school, so I love painting."

Though everyone is glad to be back,

the pandemic has unfortunately changed many aspects of how the centre operates.

"Everything has pretty much doubled," said Anne Marcoux, head animator for activities at the centre. "We split the big group in two to make sure that everyone was safe and accommodated which means that we had to double our staff and of course double our costs as well."

Ensuring that everyone present stays safe during activities has been a significant obstacle to overcome, for both parties involved.

"It's important that we host these activities as it helps those with special needs to socialize, get out of the house and allows them to meet friends as well," explained Marcoux, sharing that although most of the logistical issues from the first year of the pandemic are now in the past, the challenges involved in tackling them are still fresh. Having to close the centre's doors repeatedly through the past couple of years and moving some activities such as bingo to an online format was not easy.



COURTESY OF THE DIXVILLE FOUNDATION

"It was challenging in the beginning to set everything up," said Marcoux, adding, "We had a lot of issues on our end as our equipment wasn't good enough to host the online events." However, as spring is around the corner, the drop-in centre is ready to move towards having many new activities for the visitors.

With an exciting visit to a sugar bush expected for April and a calming walk through Jacques-Cartier Park scheduled

for May, there are many fun and interesting activities planned in parallel to the centre's regular opening hours. A more detailed schedule of their spring activities, and of future activities, can be found on the foundation's website. Marcoux encourages those with special needs, or those who know of someone who would benefit, to contact the Dixville Foundation or visit their website for more information.

TransEstrie faces closure due to lack of funding

By Michael Boriero
Local Journalism Initiative

With its federal funding coming to an end on March 23, TransEstrie, a community organization that supports and represents trans and non-binary people in the Eastern Townships, will be suspending its services indefinitely as of April 1 unless it can find financial aid.

According to TransEstrie co-founder Séré Beaulac-Lévesque, the organization has benefited from Women and Gender Equality Canada's LGBTQ2 Community Capacity Fund for nearly two years. However, they still haven't heard whether that funding will be renewed.

"The problem is we're just waiting and the women and gender equality, we could get a renewal, we've applied for it, but we don't have an answer yet, so all of the employee contracts, other than one person, everyone's contract ends on March 31," Beaulac-Lévesque said.

Beaulac-Lévesque, who identifies with the pronouns they and them, told The Record that the organization has been stuck in limbo for several months. They have applied for dozens of funding opportunities, federal and provincial, but the replies have been few and far between.

TransEstrie was officially founded in 2019, but the organization has filled an important hole in the health and social services network since 2017, Beaulac-Lévesque explained, holding discussion groups, offering insight to professionals and providing safe, high-end binders.

"What's happening is if someone doesn't have access to a chest binder, they'll probably try to use masking tape or ACE bandages, which are really dangerous to use to bind someone's chest, and it can result in injuries like broken ribs," they said in a phone interview.

Beaulac-Lévesque is concerned about what will happen to everyone who has been accessing the organization's resources. They said that there is a long list of people waiting to obtain a chest binder from TransEstrie, sharing these people could be in danger now.

"The safe binders are pretty expensive, \$40-50, and a trans teenager who doesn't know how to talk to their parents about this doesn't have that kind of money or a credit card," said Beaulac-Lévesque, adding the wait list won't shorten, if they can't afford binders.

Last year, the organization gave out about 200 individual products, Beaulac-Lévesque continued. And this year they've nearly doubled their output. TransEstrie runs out of binders within a week of receiving a shipment. The question is where will the community go now.

"I think that this is going to be larger than just trans people and non-binary people that are going to be affected by this if we close. It's a global issue for the community in the Eastern Townships. Parents of these youths are going to be affected, friends and teachers," they said.

Along with support groups, individual sessions, and providing chest binders, Beaulac-Lévesque told The Record that the organization has been instrumental in educating the population about trans and non-binary rights, whether it's in schools, clinics, or offices.

But while Beaulac-Lévesque considers TransEstrie to be invaluable to the community, they said it can be extremely difficult and frustrating for LGBTQ2+ organizations to receive recurring funds from the provincial and federal government. It's all project-based support, they said.

"We apply for a project and we do the project, but it can never be something that we're already doing, so it always has

to be new and it's just exhausting to keep coming up with all of this stuff [...] we need to keep going where we're already going," Beaulac-Lévesque said.

It's hard enough to get funding for basic services, they continued, like discussion groups. It has led to employees burning out, as they work on minimal salaries, and try to support a vulnerable community at all hours. Beaulac-Lévesque just wants to receive appropriate funding.

"Everyone involved with TransEstrie has given time and energy for free. We try to compensate everyone but we simply don't have enough money for the work that has to be done, so it's not possible and everyone is just feeling pretty exhausted right now," they said.

Beaulac-Lévesque believes there is a fundamental problem with non-profit funding in Quebec and Canada. The government needs to see this as an investment, they said, as TransEstrie keeps trans and non-binary youths out of hospitals and psychiatry wards.

"I have 14 year olds who have done two suicide attempts, but imagine how expensive, I don't like to say it like that [...] it is for the government to provide hospitalization to someone who would not have needed it if they had found us first," Beaulac-Lévesque said.

When asked what will happen if they don't acquire funding by March 31, Beaulac-Lévesque told The Record that they don't want the community to panic. The organization will try to find a way to serve everyone in need, even if they have to do it on a volunteer basis.

"People from all over are calling us for advice and help and for now we can't promise anything. I think people see this as a small issue that only affects one person of the population but I talked to a lot of people and I think it will be noticeable in the health care system," they said.

GENERATORS



LE GROUPE GE
Get your house secured!

25 years experience

BE READY!

- Your previous power outage could have been...your last!
- Propane Generators without any fuel handling
- Installation "Ready to Use," 24 hour service
- Automatic, secure and complies to regulations
- Free energy evaluation

Cummins Generator

10 seconds and it's started!

819-569-0000

www.groupege.com

Looking for real do-able solutions



DIAN COHEN

Not long ago, I suggested that an easy solution to the high price of prescription drugs is to require pharma companies to verify how long the active ingredients are actually viable, as opposed to the bogus expiry date that represents nothing more than when the drug was manufactured. Several studies have shown that many drugs are potent 5 to 20 years longer than the expiry dates on them.

Now I'm looking at the healthcare system overall. It is broken. This isn't a new radical conclusion – it has been said over and over again by people who have studied the system but are not in control of it: the existing central governmental control model is not working. This was said most recently by two highly

respected Canadian researchers, Don Drummond and Duncan Sinclair, writing in a C. D. Howe Institute publication. "Ideally, if our 'system' focused as strongly on optimizing people's health and well-being as it has on treating ill-health, Canadians would be healthier and would need fewer and less complex healthcare services, reducing both demand and costs."

That's not going to happen any time soon. Politicians, bureaucrats, doctors who have a vested interest in the system they either put together or are used to working in have to be dragged into a better system even when they know they're drowning in a toxic mess.

Nevertheless, there are ways to make our broken system work better and less expensively until we can completely revamp it. One idea: physician assistants. Canadian physician assistants (PAs) have existed in our armed forces since the 1960s. They are educated under the same medical model used to train doctors but through a two-year graduate program. They can conduct patient interviews, provide physical examinations, perform diagnostic and therapeutic interventions, prescribe most medicines, order and read tests, and make referrals under the guidance of a physician. They are paid a third of the average physician salary.

Between 1999 and 2013, Manitoba, Ontario, New Brunswick and Alberta introduced them into public healthcare. Why aren't they encouraged in all provinces?

Thumbs up for virtual medicine. Provincial governments all over the country changed their regulations so that doctors could be paid for virtual consults during Covid. Let's encourage and expand that ability rather than get rid of it as many provinces are thinking of doing.

And what about foreign-trained doctors? The Institute for Canadian Citizenship, which helps newcomers and people seeking citizenship, estimates there are thousands of foreign-trained doctors whose qualifications have allowed them to be fast-tracked to Canadian citizenship, but provincial regulators refuse to recognize their credentials. Why is that?

Let's trash the idea that one-size-fits-all is good service – give the authority to spend tax-payer dollars to local or regional healthcare organizations which know what their communities need. Drummond and Sinclair cite one example in which the community got together to support elderly people with health issues. The support wasn't all medical – some of it was just helping with shopping or budgeting.

They write, " ...mobilization of low-cost community services has reduced emergency department visits [there], particularly by the elderly even as county-wide ER visits rose by 30 percent. The greater availability of primary care services 24/7, virtually and in person, could also do the same throughout Canada ...augmentation of home and community care and support services to enable aging people to remain in their own homes or to live communally in their communities for as long as possible would reduce costs over that of institutionalizing people needing long-term care."

These new models are already being embraced in Alberta and Ontario – check out Alberta's Primary Health Care Integration Networks and Ontario's Health Teams.

Health spending now consumes 12% of Canada's GDP. These costs are growing between 2 and 3 times faster than Canada's economic growth. If we don't move quickly to recreate the system, we can expect more taxes and/or less access to healthcare services. If you're unhappy with the healthcare you're getting (or not getting), tell your elected representatives.

Dian Cohen, C.M., O.M., economist
cohendian560@gmail.com

#NEWMATTERS: THE NATIONAL ASSEMBLY REPORT

Opposition parties cry foul

Government's plan to maintain discretionary powers over health care during election period

By Raquel Fletcher

When MNAs returned to the National Assembly last week after a two-week recess, the mood was much different than it was after the return to work after the Christmas holidays. For the first time in two years, all 125 elected officials were

able to sit together in the Blue Room. Businesses are once again open, the vaccine passport is no longer required, mask mandates will soon be lifted and spring is in the air. It almost feels like a return to normal... almost.

COVID-19 cases, deaths and hospitalizations have fallen nationally, but countries in Europe and Asia have

seen an uptick since the beginning of the month. The World Health Organization has reported an eight per cent increase in case numbers globally.

Health Minister Christian Dubé explained the uptick in cases overseas is why he has tabled a bill to lift the public health state of emergency but maintain some discretionary powers until the end of the year.

"We need to be ready because the virus is still there," he told reporters.

Exceptional powers

The government has renewed the state of emergency more than 100 times since it was first declared under the province's Public Health Act in March 2020. It gives Quebec exceptional powers, notably the ability to sign contracts without the requirement that they first go to tender.

Opposition parties, which have been calling for an end to "governing by decree" for months, say the new bill is just the government's way of trying to maintain special powers.

The health minister "can basically decide anything he wants, especially during an election period. So that is definitely a benefit to the CAQ, not a benefit to Quebecers," said Liberal Leader Dominique Anglade.

Dubé staunchly refuted this claim and said he will offer a technical briefing to the opposition parties because, he maintained they do not understand the bill. To reporters, he explained discretionary powers are needed to allow the government to act quickly in the event of a potential sixth wave this fall.

Mass vaccination site

As an example, he said Montreal's convention centre, the Palais des congrès, is rented until September for use as a mass vaccination site. "We don't want to end up with no Palais des congrès in the middle of (another wave) of the pandemic, or in the middle of a vaccination period."

He explained that if the new bill is passed, the government would have the right to extend the rental agreement, but only until the end of the year.

During question period, Premier François Legault explained that the new bill greatly reduces the government's ability to enact emergency health measures. "Under the health emergency order, the government had the right to put in place a vaccine passport. With the bill that has just been tabled, we can no longer do that. Same thing for curfews. Same thing for school closures. Same thing for all the measures, except one. One remains in place and that's masks in public transportation."

Despite the tension between the government and the opposition parties, Dubé continues to seek their collaboration, not just on this bill, but on his upcoming and highly anticipated proposal to "rebuild" the health care system. It has not yet been tabled.

It's an ambitious venture as only 10 weeks remain in the spring session before parties embark on the campaign trail. Chances are high the plan to overhaul health care will become a major item in the fall election.

Raquel Fletcher is QCNA's News Matters columnist on provincial affairs

ALEXANDER GALT
EASTER BASKET CAMPAIGN
2022



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

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

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

Please, make cheques payable to
(tax receipts for donations of 10\$ and over will be issued):

AGRHS Easter Basket Campaign and mail to:

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

Thank you for your generosity!

Stanstead Journal darkroom time capsule opened and resealed

By Geoff Agombar
Local Journalism Initiative

Chris Goodsell was in the basement of his parents' commercial building, moving furniture stored there for decades when he noticed a one of the wall panels was not screwed shut. A bit of plastic was poking out from the insulation.

"I reached in and pulled out this bag. I didn't know if was an owner's manual just tucked in the wall. I almost chucked it out, then I saw something from the Journal."

Inside Goodsell found a trove of black and white photos and memorabilia from the early '90s. A satirical letter hoped Canada is still an independent country and asked whether anyone still speaks English in Quebec in the year 2021. The package had been tucked behind the wall of a brand-new darkroom of a plucky regional newspaper, The Stanstead Journal, circa Nov. 1991.

The Stanstead Journal has not published since May 2019.

"It brought a bunch of memories back. The people in the pictures, I remember a few of them from when I was a kid," said Goodsell. "My dad used to have his office in another part of the building. I was ten. It was an office building. I would be told to be quiet and stay out of there, especially on production day."

Goodsell guesses everyone chose one keepsake to add. A book of matches from the Knowlton pub. A place mat from Chez Mimi. A menu from La Vielle Douane restaurant.

"I'm assuming they would order out to those guys when they were busy and working in the office. Back then that's pre-social media, pre-internet. Everything was done by hand and they spent a lot of time in there, especially on production days."

Goodsell remembers watching the reporters coming and going.

"The environment was always busy. They used to have an old scanner so they could hear the firefighters, the ambulance, the police. Big computers, big screens, typing up their articles."

"It was very investigative. They would really follow up on issues. That is really lacking today," Goodsell continued. "Ross Murray would get a lot of come-back when he covered a story. If you write a story in Montreal, you're not going to see them at the grocery store or at the gas station twenty minutes later."

"If you look back at the Journal or the Record from decades ago, you would know who won the cribbage game on Sunday night. That's how local it was. Now the news is all about 'Here's what's happening five thousand miles from us.' I don't want to say it doesn't affect us, but it doesn't affect us, you know?"

"The Record published something today about Stanstead Ambulance being sold to Ambulance de L'Estrie. That's a big deal for locals. My grandmother used to be on the board of directors for Stanstead Ambulance. I



One of the photos in the capsule showed Malcolm Stone, Dwane Wilkin and Leo Gervais

used to be on that board. It was always a not-for-profit administered and run by locals, and I can tell you some locals are concerned about that right now."

"When I was a kid, we had two doctors in town. Now you go to the CLSC," Goodsell said. "Back then, Stanstead was three different towns, then they merged. And that became part of the MRC, and the MRC is part of the Estrie. Everything merges. We've taken away so much local control of everything. Everything becomes regionalized. Everything's more centralized."

"It's the same thing with the news," he added. "A lot of the stuff we're seeing now is after the fact. Like the Stanstead Ambulance story. What would have happened if there was an article two months ago? I can tell you, for the lack of a better word, there would have been a shitstorm. Because people would have been 'Wait-a-minute, wait-a-minute, we don't want this to happen.' Once it's already happened, people feel a little helpless."

The letter in the time capsule is signed by then-owner Peter Scowen.

"This hilarious," was his first reaction when contacted by email. He notes that his jokes from 1991 about language politics and cross-border shopping still have meaning today, but the context has changed enormously since the 1995 referendum and 9/11.

Today, Scowen is a member of the editorial board of the Globe and Mail. He arrived at the Globe from The Toronto Star and National Post. He went to those dailies after years at Montreal's alternative weeklies, The Hour and The Mirror. But, his first job in journalism was at The Sherbrooke Record in 1983.

He had already left for the CBC, when his former Record colleague Bobby Fisher convinced him to join him in buying the Stanstead Journal.

"The Journal was kind of going under and Bobby gave me the confidence to do

it. I'd never owned a business before," Scowen recalled.

At the time, Scowen remembers that innovations in desktop publishing software innovations made it possible to cut staff and save the paper.

"We were an evil corporation coming in to use technology to reduce staff," he jokes about cutting production night staff from six to two by incorporating computers.

He remembers spending 100-hour weeks, driving around to townhalls, gathering minutes from meetings. He used to do some of the delivery routes himself. If he criticized the mayor, guess who was in his office the next morning? Everyone in town knew who to mock when the wrecked "sedan" beside the garage was obviously a hatchback. "Is that what they teach you at your big city universities?"

By 1991, Fisher had already sold out his shares and moved on. Scowen remembers John Mahoney was disgusted with the state of their darkroom, a closet under the stairs with any light leaks patched over. When Mahoney built a proper darkroom, they hid the time capsule behind a panel.

"I had completely forgotten about the whole thing," Scowen says. "The letter is kind of funny, and I thought the ending was really true. I mean, we really were a close group. We really cared about the paper and the town, and the three villages, and the people that we covered. There was a lot of love. Those were good times."

"At some point, I was mostly in Montreal and had moved on with my life. We ended up giving the business to the employees," Scowen says. "The paper didn't make any money. It was a \$200,000/year business and it broke even or made \$5000 in a good year."

"But it was a very important paper. It was an important community. We were glad to turn it over to the employees, so it could live on," he recalls.



PHOTOS COURTESY OF CHRIS GOODSSELL
The bag, found in the wall, contained a treasure trove of black and white photos and memorabilia from the early '90s

Scowen said he is intrigued by Goodsell's reflections after finding his capsule.

"I think he's absolutely right. The disappearance of small-town papers is a huge and incalculable loss. Information is power, right? If you open your paper and see 'Town Plans to Sell Ambulance Service,' if you find out before you have time to go to council and oppose it. We're going to get together a group to stop it, because we don't think it's right. But when you have decisions behind the scenes that no one is reporting on, it is a gigantic loss. It's harmful to the way democracy is supposed to work."

Goodsell plans to add a letter of his own before sealing the capsule back into the wall. He expects to describe some of his memories and thoughts it has provoked. He wonders if it will make it all the way to a hundred years this time, or if anyone will ever see it again.

Goodsell is in talks with the bank and with the town to secure the financing and permits to convert the commercial office space to a residential duplex. During Covid, the exodus of city residents to rural communities where they can work from home and own a much larger property has decreased demand for office rentals but driven up demand for apartments.

"I'll put that I remember when those people were there and that none of them are there anymore, and this newspaper is not even in existence anymore," Goodsell says. "Maybe a little blurb about what my family's up to and what we're doing these days, what I'm paying for the building, and then I'll button it back up."

"Maybe one day I'll sell it to one of my kids or maybe I'll sell the building outright," Goodsell wonders. "The future is unwritten, so I'll see where we go from here."

EDITORIAL

Unaccompanied and separated children require specific protection and care because of their developing capacities to care for themselves and intergenerational power hierarchies.

Family separations in Ukraine highlight the importance of children's rights

Christina Clark-Kazak
Associate Professor, Public and
International Affairs, L'Université
d'Ottawa/University of Ottawa

Given the conscription of men aged 18 to 60 in Ukraine, the majority of Ukrainians fleeing into neighbouring countries are women and children.

Most adult men and many disabled and older people have been left behind. The resulting family separation poses legal and social challenges that need to be addressed in gender- and age-sensitive ways.

Unaccompanied and separated children require specific protection and care because of their developing capacities to care for themselves and intergenerational power hierarchies. That means that most of the time, adults control resources and decision-making, while children have fewer opportunities to advocate for their own choices, well-being and rights.

As the number of children who flee without their families increases, it's not clear whether there's local capacity to respond effectively and appropriately. Even before the Ukraine war, lone refugee youth who arrived in the United Kingdom without family were living unsupervised in hotels and disappearing at a rate of one per week.

'Best interests principle'

The UN Convention on the Rights of the Child – the most widely ratified human rights treaty in the world – requires that all decisions affecting children are guided by what's known as the best interests principle.

This principle is especially important in cases involving separated children, as well as the evacuation of children in institutional care, such as those in

hospitals, prisons or orphanages. In fact, Canada has paused all adoptions from Ukraine in line with international guidelines, law and practice.

These safeguards are put in place so that children are not inadvertently taken away from their families when their identities cannot be verified or when their parents' whereabouts are unknown.

Critiques of the German kindertransport, for example – an effort to rescue children from Nazi-controlled territory in the months prior to the outbreak of the Second World War – show how some Jewish children, although saved from persecution by the Nazis, were also in most cases permanently separated from their parents and their Jewish identities.

Given the scale and speed of Ukrainian forced migration, adults making decisions on behalf of separated children and those in care should look to the lessons of the past when focusing on the best interests of children.

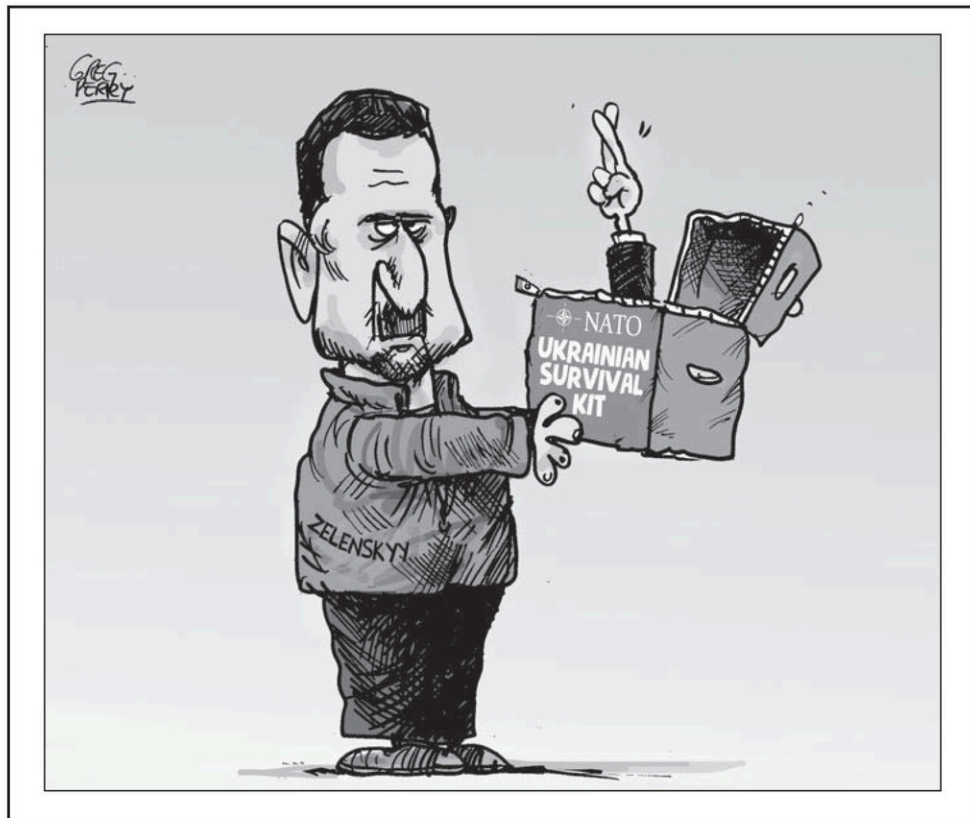
For example, the recent announcement of evacuation of children with cancer to Sick Children's Hospital in Toronto includes provisions for family members to accompany them.

Temporary protection

European countries and Canada are offering temporary protection, rather than permanent refugee status.

Under the newly announced Canada-Ukraine Authorization for Emergency Travel, Ukrainians and their immediate family members of any nationality are permitted to stay in Canada as temporary residents for up to three years via a three-year open work permit.

But temporary protection offers



fewer formal resettlement and integration structures. Reliance on informal networks can result in exploitation and, in extreme cases, forced prostitution and other forms of human trafficking.

In particular, lack of affordable housing or designated shelters can result in people accepting rooms in private homes without a proper vetting process or ongoing oversight.

Due to this extreme dependency on others' hospitality, the private sphere of domestic spaces and unequal gender and age power relations, displaced children, young people and women may be at higher risk of sexual violence or unwaged domestic work.

Legal challenges

As the violence continues and displacement increases in scope and duration, secondary and tertiary migration is taking place, within Europe and to other regions, including to the United States and Canada.

This causes particular legal and immigration challenges, especially for families helmed by women whose male partners are prohibited from leaving Ukraine.

Canadian immigration officials may require a parent travelling with minor children without their spouse to present a copy of the child's birth certificate, a letter of authorization from the other parent and a photocopy of the non-accompanying parent's passport or national identification card.

Such documentation requirements are in accordance with the 1996 Hague

Convention on the Protection of Children, aimed at protecting children against cross-border abduction in cases of custody disputes. However, because people fled quickly from Ukraine and because some men who have been conscripted may have died or moved with military units, these documents may not be easy to obtain.

As a result, women and their children could be "stuck" in the first country of asylum, even if they have extended family support in other countries.

Mental health impacts

Research shows that long-term family separation has severe impacts for mental health. Children and young people, especially girls and older siblings, in single-parent households often take on additional child care, household and paid labour to support their families.

Older people left behind in Ukraine may feel isolated and abandoned.

Violence and migration have different impacts due to age, family status and gender. Policies and programs to address conflict-induced displacement in Ukraine must explicitly take into account the rights of children, including the best interests of the child. They also need to be attentive to gender and family relationships.

Christina Clark-Kazak receives funding from the Social Sciences and Humanities Research Council.

This article was originally published on The Conversation.com

The Record welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste. Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request. Please email your letters to newsroom@sherbrookerecord.com. Preference is given to writers from the Eastern Townships.

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2
Fax: 819-821-3179

E-MAIL: newsroom@sherbrookerecord.com
WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
MATTHEW McCULLY MANAGING EDITOR (819) 569-6345
GORDON LAMBIE ASSOCIATE EDITOR (819) 569-6345
SERGE GAGNON CHIEF PRESSMAN (819) 569-4856
JESSE BRYANT ADVERTISING MANAGER (450) 242-1188

DEPARTMENTS
ACCOUNTING (819) 569-9511
ADVERTISING (819) 569-9525
CIRCULATION (819) 569-9528
NEWSROOM (819) 569-6345

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

PRINT SUBSCRIPTIONS

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

ON-LINE SUBSCRIPTIONS

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

Rates for out of Quebec and for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

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

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

Member
ABC, CARD, CNA, QCNA

Shauna Viens Davies

CONT'D FROM PAGE 2

What kind of feedback did you get throughout the competition?

Throughout the competition a lot of the feedback I received was how I was able to portray emotion through my photography. There were some technical recommendations (different cropping, lighting, etc).

Do you feel like this altered your approach to photography?

I feel like this did alter my approach to photography. This ended up being so much more than just a photography competition. I learned so much about myself and it kind of took on this personal journey of growth. It has definitely made me a much more confident photographer and I know now more what my personal style is and what I enjoy shooting and that I can think outside the box. Art is so subjective so staying true to myself, not holding back and not "half-assing it" really paid off in so many ways.



SHAUNA VIENS DAVIES

One of Shauna Viens Davies' entries

competition have talked about meeting up and doing some adventuring so it would be amazing to be able to connect with them and do some shooting. This whole experience has been surreal and humbling and just amazing.

You can learn more about The Shooting Range and see Shauna's work throughout the competition by visiting their website theshootingrange.ca or by following them on social media.

What's next?!

What's next? Well, I am inspired to continue learning and perhaps embarking on another portfolio project. I had stopped doing clients but this has lit a spark where I want to create beautiful images and memories for people again so might venture down that alley a bit. Above all, I think I just want to continue connecting and creating and exploring and just be open and free to wherever that leads me. A few of us from the

What to do before seeking medical attention during the pandemic.



I've tested positive for COVID-19.

BEGIN TREATMENT AT HOME



I have questions about my health.

CALL INFO-SANTÉ 811



I have concerns or I'm in a difficult situation.

CALL INFO-SOCIAL 811



I want to renew my prescriptions.

SPEAK TO YOUR PHARMACIST

Quebec.ca/HealthNeeds

what's next?!

A FREE virtual event for artists
Save your spot! **March 28th**

The journey of an artist is one that can be exciting and isolating at the same time. Surround yourself with a supportive community of artists and arts organizations at our online Business Skills for Creative Souls conference where we'll explore what's next for artists and creatives.

This virtual, half-day conference will feature a series of conversations focusing on:

- Navigating an ever-changing landscape
- The possibilities, limitations, & myths of NFTs
- Re-discovering your creativity & community
- Building your brand
- Bridging the gap between creativity & business
- And so much more

Opening Keynote: The Artist Entrepreneur Mindset
Charlie Wall-Andrews
Strategy & Entrepreneurship Scholar,
Executive Director of SOCAN Foundation

Closing Keynote: Getting Back to Work!
Amy Blackmore
Executive & Artistic Director of MainLine Theatre &
the St-Ambroise Montreal Fringe Festival

BUSINESS SKILLS OF CREATIVE SOULS ARTISTS CONFERENCE

Supported by:

Yes Employment + Entrepreneurship

1-888-614-9788
yesmontreal.ca

Media Partners:



In Memoriam

In Memoriam

In Memoriam

Do Just One Thing



By Danny Seo

Lots of throw blankets and pillows in stores today use man-made fibers that are designed to feel ultra-soft and luxurious to the touch. They mimic the feel of fur, cashmere and other lush fibers, and they come in vibrant colors. But many of these man-made fibers have to be treated with chemical fire retardants in order to be safe. If you want to avoid chemical fire retardants, avoid man-made fibers altogether and stick with natural materials like cotton and wool. Not only are they naturally fire-resistant, but they come from renewable sources and feel just as nice and natural to the touch.

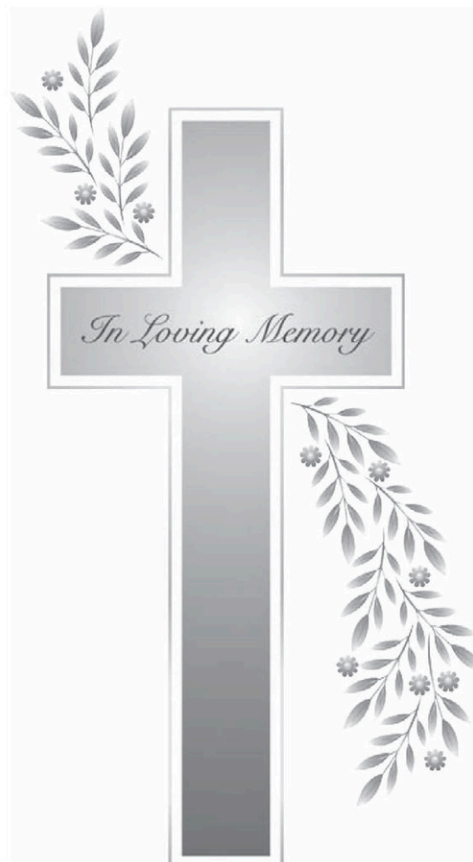
SYLVESTER - In loving memory of a beloved husband, a cherished son and a precious little granddaughter.

Albert George
August 22, 1937 - March 22, 2013

Robert Bruce
February 10, 1963 - February 28, 2000

Jessica Mary Lyn
February 24, 1991 - March 1, 1991

*Always in my thoughts
And on my mind.
xx*



SYLVESTER - In loving memory of our loving Dad and Grampa, Albert Sylvester who went home to Heaven March 22, 2013

A letter to my Dad,

Dad, I started this letter to you over a month ago and yet somehow I'm struggling to put my thoughts and my feelings together. There are days when I feel your loss so much greater than others and I long to hear even just a whisper of your voice of reason and wisdom. I wonder what it would be like if you were here today, what you would think of this world we are living in and how much it has changed. I think you would get out your bible and spend a little extra time with God reading His word and so that is what I decided to do. There are a couple of verses that kept coming back to me so I would like to share them with you and maybe they will be of comfort to others.

Isaiah 4:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you: I will uphold you with my righteous right hand."

Ecclesiastes 3: 1,4,7 & 8 "there is a time for everything, and a season for every activity under heaven, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace."

This is our time, lets mend what is broken, let go of all the negativity in our lives and let God's wonderful peace and love soak into our souls. Each day is a gift from God that's why it is called the present, lets live it as though it were our last! Lets dance like nobody is watching, embrace your family and friends, hold on and cherish them for we never know when God will call them home.

Jeremiah 29:11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Be with a grateful heart that we have God's promise of hope and a future as we are reminded of just how precious life really is. So live each day to its fullest and cherish all the beautiful memories you hold dear in your heart. As for me Dad, I will cherish and hold dear in my heart, your memories that will forever be of great comfort to me until we meet again, when I will hug you once more and whisper in your ear....

Don't forget Dad,
I LOVE you the MOSTEST!!

Lovingly remembered and deeply missed by:
Jennifer, James
Kassandra & Ryan-James

Date Book

TUESDAY, MARCH 22, 2022

Today is the 81st day of 2022 and the third day of spring.

TODAY'S HISTORY: In 1882, the U.S. Congress passed an act that made polygamy a felony.

In 1933, President Franklin D. Roosevelt signed the Beer and Wine Revenue Act, which legalized the sale of alcoholic beverages.

In 1945, the Arab League charter was adopted in Cairo.

In 1995, cosmonaut Valeri Polyakov returned to Earth after completing the longest single spaceflight in history, at 437 days 18 hours.

In 2017, a terrorist attack near the Palace of Westminster in London left five dead and more than 50 injured.

TODAY'S BIRTHDAYS: Louis L'Amour (1908-1988), author; Karl Malden (1912-2009), actor; Marcel Marceau (1923-2007), mime artist; Stephen Sondheim (1930-2021), composer; William Shatner (1931-), actor; James Patterson (1947-), author; Wolf Blitzer (1948-), journalist; Andrew Lloyd Webber (1948-), composer; Bob Costas (1952-), sportscaster; Keegan-Michael Key (1971-), actor/comedian; Kathryn Jean Lopez (1976-), journalist; Reese Witherspoon (1976-),

actress; J.J. Watt (1989-), football player.

TODAY'S FACT: The Beatles' debut album, "Please Please Me," was released in the United Kingdom on this day in 1963.

TODAY'S SPORTS: In 1894, the Montreal AAA beat the Ottawa Generals 3-1 in the first Stanley Cup championship hockey game.

TODAY'S QUOTE: "If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse and you say that you are neutral, the mouse will not appreciate your neutrality." - Louis L'Amour

TODAY'S NUMBER: \$168 billion - estimated total alcoholic beverage sales in the United States in 2021.

TODAY'S MOON: Between full moon (March 18) and last quarter moon (March 24).

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.

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

ONLINE WORKSHOPS

Mental Health Estrie invites you to attend a free virtual workshop, open to all and presented in English. On Wednesday, March 23rd, at 6:30 pm on Zoom, MHE will host guest speakers Mary Ellen Macdonald, Associate Professor, Faculty of Dentistry at McGill University, and Susan Cadell, Professor, School of Social Work at Renison University College for a presentation on "Grief Literacy." Join us as we develop our ability to recognize grief, increase our capacity to support others as well as ourselves, and learn how to build a supportive community that acknowledges and supports grievers. For more information, or to register for this event, please visit mentalhealthestrie.com, our Facebook & Instagram

pages, email outreach@mentalhealthestrie.com, or call 819-565-2388.

LENNOXVILLE

Clothing Exchange 2022 at Oasis Christian Centre, 219 rue Queen, Sherbrooke. All are welcome. Free used clothing. Collection of clothes: Sunday, March 27, 9 - 10 a.m., March 28 - 30, 9 - 11 a.m., March 31, 6 - 8 p.m. Distribution: Friday, April 1 from 3 - 8 p.m. and Saturday, April 2 from 9 - 12 a.m. Information: 819-342-0950.

BULWER

The Executive of the Bulwer Golden Agers wish to inform their present and active members that cards and carpet bowling will restart on April 5 at 2 p.m. at the Bulwer Community Centre.

LENNOXVILLE

The Bibliothèque Lennoxville Library will be holding their annual 'Canada Reads and so Does Lennoxville Event' on Wednesday, March 23 at 7 p.m. in person at Hope Church, corner of Queen and College Streets. You may also join online. Please visit the library website or Facebook page for the Zoom link as well as details on the books and the presenters. Light refreshments will be provided.

ONLINE

The annual general meeting of the Lake Davignon

Watershed Safeguard Committee will be held virtually on March 30, 2022, at 7 p.m. IMPORTANT: those interested in participating must register before March 25, 2022 by email at lac.davignon@hotmail.com to receive the zoom link. WANTED: Committed volunteers who care about protecting water. A few positions are available on the CSBVLD Board of Directors. Send us a message of interest before March 25 by email at lac.davignon@hotmail.com For more details, contact President Pierre St-Arnault at 514 349-9753.

RICHMOND

The Richmond Women's Institute will be at the St. Patrick's Society's community event this Saturday, March 26 at the Melbourne Town Hall. Come by to discover the benefits of belonging to a group of women supporting women. New memberships are available to women of all ages and will come with a free gift!

LENNOXVILLE

The St Francis Valley Naturalists' Club presents: Marlinton Bog. Janet Cowan Weber will share her photos and observations on the changes in the bog from spring through fall. 7 p.m., Wednesday, March 30, 2022, Amédée Beaudoin Community Centre, Lennoxville. Admission is free. Note: this is a scent-free event.

Reeling from wife's affairs

Dear Annie

TUESDAY, MARCH 22, 2022

Dear Annie: I found out a month ago that my wife has been sleeping with a plethora of men that she's met on a dating app. Her profile says she's single and that she also has a college degree, neither of which is true. She told me she is in love with another man. After I spoke to the man's wife, who did not know, she explained that her husband had cheated on her before and was living in their basement. She also said they have five children together and just declared bankruptcy. My wife was serious when she told me she was madly in love with him, missed him and wanted a future with this man. A future?

I uncovered her indiscretions about a month ago when I found all of the evidence on her cellphone. That night, I asked her to leave, and she did. I thought she was going to her parent's house, but I'm not sure where she went that night. I think she had a lot of options.

We have two sons, ages 12 and 14. I informed them that their mother had been cheating on me and that we are getting a divorce. In front of the kids, she pulled a butcher knife on me and threatened me because she wanted her phone. My 14-year-old son had to disarm her.

I was completely blindsided by everything that has happened. The boys live with me because of

continuity in their lives and school. I have gotten them therapy as well as confided with their principal to see the school psychologist. My grieving emotions swing between anger and depression. I am praying I finally reach acceptance.

She pretends everything is OK in front of the boys. She took them out to dinner last week and asked if I wanted to join them. I declined because I didn't want to confuse the boys more. After being with her for 20 years and 12 years of marriage, the last thing I said to her before she left was, "I have no idea who you are."

I have been doing good by my sons, but I can see the depression on their faces. I don't know anyone who has experienced something this crazy, and I, too, am getting therapy.

How do I get past all of this? How do I stay strong to get through my divorce, and most importantly, how do I make sure my sons will be OK?

Does she have a multiple personality disorder? My therapist told me to stop trying to understand craziness. She said that we don't even understand crazy - we only recognize it.

Help! What do I need to do to bring normalcy back to me and my sons and get to that acceptance stage where whatever and whoever she is becomes indifferent and irrelevant to me? - Crushed Spirit

Dear Crushed Spirit: You certainly have been through trauma, and it takes time to heal from traumas. You're taking some important steps in

getting support for you and your sons. Your therapist is correct in pointing out that you can't fully understand why your wife did what she did, but you can understand yourself and how you respond to the situation. Be kind and patient with yourself and your sons. Don't expect to get to the acceptance stage right away; just know that it will take time.

You are grieving the loss of your marriage. While there might not be people who have your exact situation, there are divorce support groups for fathers. I would suggest you look up a local support group.

I am so sorry that you are going through this, but you sound like an amazing father and a good person. It won't be right away, but if each day you work on your grief and trauma, then, before you know it, you and your sons will be feeling good again and experiencing joy. There is one of those situations where it is worth reminding yourself, each day, that life is a cinch by the inch and hard by the yard.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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



Great conversations don't start themselves.

From first dates to Main Street meet-ups to the last virtual call of the day. Turn to the local news to spark your next great conversation... 9 in 10 Canadians do.

Visit ChampionTheTruth.ca

News Media Canada
Médias d'Info Canada

CANADA'S NEWS MEDIA.
CHAMPION THE TRUTH.

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.

"FYDNHGYGA NU CG MGKHW DHWZHK
JUJMF CNYUG YD VUT IUM OHAYG NU
MGKHW DNC GK NVHR CGK DHWZH NVHR
OHNNHW." — XUGDNCGXH TM

Previous Solution: "My father taught me ... that nothing will ever be perfect, so just keep moving and do your best." — Scott Eastwood

TODAY'S CLUE: *W is for*

REALITY CHECK



HERMAN



"Unless I'm mistaken, you had a pretty hefty pay hike 17 years ago."

ALLEY OOP



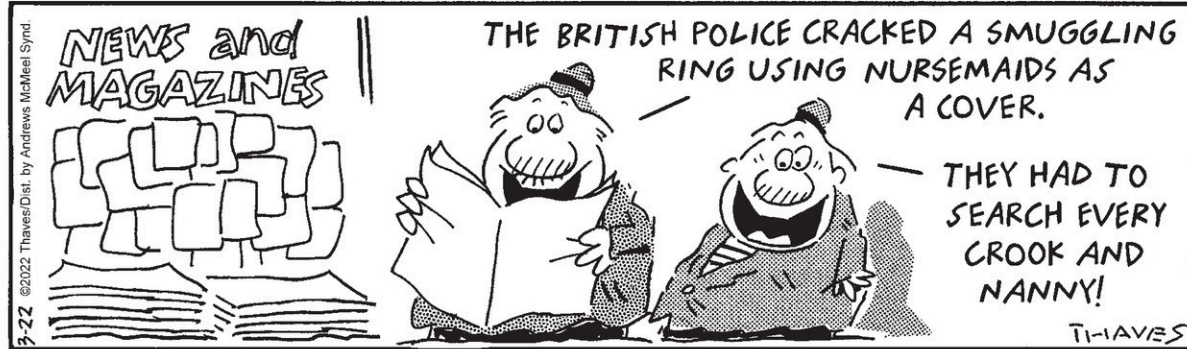
ARLO & JANIS



THE BORN LOSER



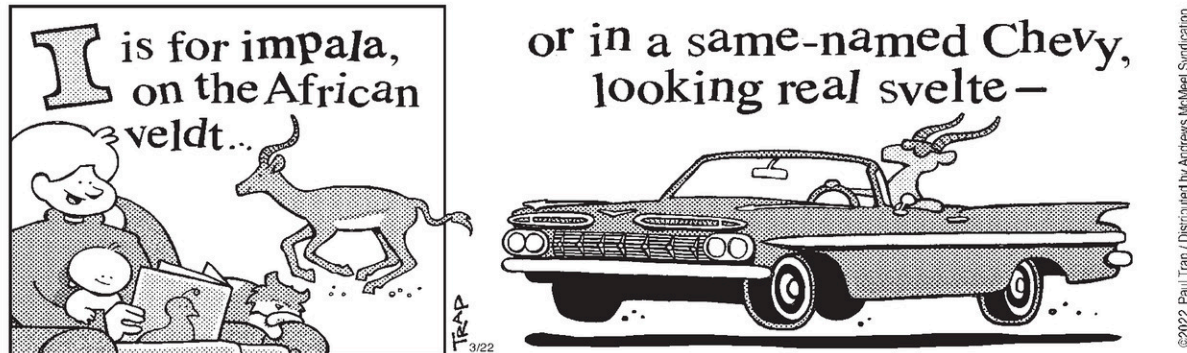
FRANK AND ERNEST



GRIZZWELLS



THATABABY



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

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

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

CLASSIFIED

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

275 Antiques

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



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

290 Articles for Sale

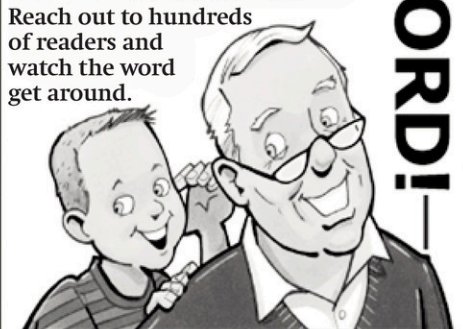


Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Drop by our office in Sherbrooke or Knowlton. **819-569-9525. classad@sherbrookerecord.com**

Selling or buying?

Spread the WORD!

Whatever you want to sell, whatever you want to buy, you can't go wrong with The Record classifieds. Reach out to hundreds of readers and watch the word get around.



819-569-9525
450-242-1188

What is a VOC and why should I care?

(NC) Volatile organic compounds, also known as VOCs, are a large group of chemicals commonly found in both indoor and outdoor air that can affect air quality. There are many sources in your home, such as glues, paints, varnishes, adhesives, furnishings, flooring, cleaning products, cooking and tobacco smoke.

- Maintain your fireplaces and wood stoves, following the manufacturer's instructions, and clean your chimneys regularly.

While some VOCs give off distinctive odours, they are often present even if you can't smell them. Exposure to some VOCs indoors can affect your health, depending on which ones are present, the level present and how long you are exposed.

- Open windows when outdoor air conditions are good. Check the outdoor air quality in your community by visiting the Air Quality Health Index (AQHI).

VOCs can cause a variety of health effects, including fatigue, headaches, breathing problems, and irritation of the eyes, nose and throat.

- Choose low-VOC products when possible. Some composite wood products (such as flooring), paints, varnishes and cleaning products emit fewer VOCs than others.

Should I be worried?

For most VOCs, levels found in indoor air in Canadian homes do not generally pose a significant health risk. However, some people may be more sensitive, such as those with asthma, those who are pregnant, children and seniors. That's why it's important to take steps to reduce VOCs in your home.

- Ensure there is a good seal around any doors connecting the house to an attached garage.

Simple ways to reduce exposure

- Avoid smoking indoors. Smoke contains many different VOCs.
- Increase ventilation. When possible, use a range hood exhaust fan that vents outside when cooking.

- Open windows when using cleaning products, especially those that have a strong smell.

- Open windows when using home improvement products, including glues, paints, varnishes and adhesives.

- Always read and follow label instructions of cleaning and home improvement products. Always store products according to label directions and tightly seal containers to prevent VOC emission during storage.

- Minimize the use of scented products, such as plug-in or aerosol air fresheners. These products often contain or produce VOCs to mask odours.

Find more information at canada.ca/healthy-home.

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

3/22 © 2022 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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



NEA Crossword Puzzle

Your Birthday

TUESDAY, MARCH 22, 2022

for criticism. Take an interest in what family and friends are doing. A change in routine will require discipline.

LIBRA (Sept. 23-Oct. 23) - Pay attention to your needs. Take a break, pamper yourself, or find a solution that will help encourage better health, organization and money management. Avoid shared expenses, joint ventures and unnecessary change. Romance should be a priority.

SCORPIO (Oct. 24-Nov. 22) - Keep the peace. Find ways to improve your life. Hone your skills and incorporate a plan that encourages the pursuit of happiness and fulfillment. Don't let anger or revenge get the better of you.

SAGITTARIUS (Nov. 23-Dec. 21) - Oversee everything important. Domestic problems will surface if finances aren't handled properly. Be upfront about your feelings, desires and expectations. Take care of important paperwork.

CAPRICORN (Dec. 22-Jan. 19) - Know what you are up against and take care of matters swiftly. Use your imagination when it comes to money and how best to handle people who ask for too much. Be willing to do the work yourself.

AQUARIUS (Jan. 20-Feb. 19) - Revisit your responsibilities and find out how to get things done without interference. Stick to your plan, work alone and don't stop until you are satisfied with the results.

PISCES (Feb. 20-March 20) - Call on someone who can offer inside information or help protect you against loss. Take better care of your physical and emotional well-being. Don't take a risk or give in to someone putting pressure on you.

Discipline and productivity will free your spirit and encourage you to set new goals. Take your time and stop worrying about keeping up or competing with others. Concentrating on what makes you happy, eases stress and gives you exciting options. Put personal gain, romance and your health first.

ARIES (March 21-April 19) - Use common sense and keep your plans to yourself until you reach a point of no return. Control what you do and what you want. Don't let outside influences interfere. Put your energy where it counts.

TAURUS (April 20-May 20) - Pursue what makes you feel passionate. Don't let obstacles defeat you. Embrace a challenge with an open mind, and you'll find a way to exceed your expectations. Align yourself with innovative people.

GEMINI (May 21-June 20) - Put your efforts into meeting your goals. Take care of details and iron out differences before you enter into an agreement or agree to a plan that puts you in the hot seat. Read the fine print.

CANCER (June 21-July 22) - Branch out and see what you can do with your skills and knowledge. Explore what's trending, and you'll discover something that interests you. Step back from joint ventures. Contracts will be misleading.

LEO (July 23-Aug. 22) - Expand your interests. Venture out and discover what's happening in your community or chosen profession. Add to your qualifications or look for a unique way to use your skills. Use your imagination!

VIRGO (Aug. 23-Sept. 22) - Pay attention to detail, and finish what you start. Don't leave yourself open

Answer to Previous Puzzle

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

- ACROSS**
- 1 Gluck of opera
 - 5 Bagpiper's wear
 - 9 Swimsuit half
 - 12 Close
 - 13 Roguish
 - 14 Untold centuries
 - 15 Oz pooch
 - 16 Speed measurer (2 wds.)
 - 18 Heartless
 - 20 Try a bite
 - 21 Make a lap
 - 22 201, to Claudius
 - 23 Like city real estate
 - 26 Shaggy flower
 - 29 Down Under bird
 - 30 Garden bloom
 - 32 Skidded
 - 34 Winged Victory
 - 36 Tuneful Paul —
 - 38 A Miss America host
 - 39 Grow incisors
- 41 — "The Body" Ventura
- 43 Musical notes
- 44 Songwriter Janis —
- 45 Pamper
- 48 Tries too hard
- 52 Colorful shrub
- 54 — point
- 55 Sporty truck
- 56 British peer
- 57 To be, in Bordeaux
- 58 Bear's digs
- 59 Blushing
- 60 Reading light
- DOWN**
- 1 Debate side
 - 2 Uris of "Topaz"
 - 3 Algebra or trig.
 - 4 Galvanize
 - 5 K, to a jeweler
 - 6 Baha'i origin

- 7 Arith. term
- 8 Cottage roof
- 9 Panhandles
- 10 Drubbing
- 11 Boleyn or Baxter
- 17 Fence parts
- 19 Popular hemline
- 22 Keg
- 23 — Buddhism
- 24 Drop
- 25 Microwave
- 26 Sup well
- 27 Monsieur's islands
- 28 Feels under par
- 31 Fan noise
- 33 Coloring
- 35 Like a wolf's howl
- 37 Not quite shut
- 40 Bank employee
- 42 Shiny paint
- 44 Where Pisa is
- 45 Wind-driven mist
- 46 — de foie gras
- 47 Prognostication
- 48 Round Table titles
- 49 Greek letter
- 50 Yardstick
- 51 Tread
- 53 Mekong native

| | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | | | | 13 | | | | 14 | | |
| 15 | | | | 16 | | | | 17 | | |
| 18 | | | | 19 | | | 20 | | | |
| | | 21 | | | | 22 | | | | |
| 23 | 24 | 25 | | | 26 | | | 27 | 28 | |
| 29 | | | | 30 | 31 | | | 32 | | 33 |
| 34 | | | 35 | | 36 | | | 37 | | 38 |
| | 39 | | | 40 | | | | 41 | 42 | |
| | | | 43 | | | | 44 | | | |
| 45 | 46 | 47 | | | 48 | | | 49 | 50 | 51 |
| 52 | | | | | 53 | | | 54 | | |
| 55 | | | | | 56 | | | 57 | | |
| 58 | | | | | 59 | | | 60 | | |

TUESDAY, MARCH 22, 2022

Singularity may provide a club

By Phillip Alder

Sherlock Holmes once said, "You mentioned your name as if I should recognize it, but beyond the obvious facts that you are a bachelor, a solicitor, a Freemason and an asthmatic, I know nothing whatever about you."

At the bridge table, from a first glimpse at dummy's cards, it is rare to be able to discern as much as that about the opponents' hands. However, even one clue may be enough to point the way home.

South was in four spades. West led the diamond ace: four, 10, three. He continued with the diamond king: seven, queen, six. When West led a third diamond, East ruffed and South overruffed. Declarer drew trumps, West having a doubleton. Then he cashed dummy's top hearts, but West discarded a diamond on the second round. How should declarer have proceeded?

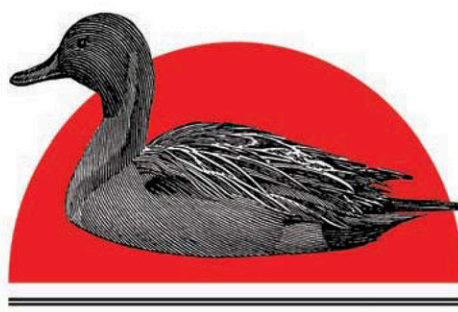
South's opening weak two-bid showed a good six-card suit and some 6-10 high-card points.

Declarer had been hoping for a 3-3 heart break so that he could obtain a discard for his club queen. West's singleton put paid to that idea. Now it looked as though South would need the

| | | | |
|-------------------|--------------|--------------|----------|
| North | | 03-22-22 | |
| ♠ | A Q 7 4 | | |
| ♥ | A K 5 2 | | |
| ♦ | J 7 4 | | |
| ♣ | 8 2 | | |
| West | | East | |
| ♠ | 8 6 | ♠ 3 | |
| ♥ | J | ♥ Q 10 9 6 3 | |
| ♦ | A K 9 8 5 2 | ♦ Q 10 | |
| ♣ | K J 9 4 | ♣ 10 7 6 5 3 | |
| South | | | |
| ♠ | K J 10 9 5 2 | | |
| ♥ | 8 7 4 | | |
| ♦ | 6 3 | | |
| ♣ | A Q | | |
| Dealer: South | | | |
| Vulnerable: Both | | | |
| South | West | North | East |
| 2♠ | 3♦ | 3♠ | All Pass |
| Opening lead: ♦ A | | | |

club finesse to succeed. But was that likely? West had overcalled at the three-level vulnerable with a suit headed by only the ace-king. Surely he had the club king to justify his bid.

However, declarer realized that he wasn't without resource. Playing for West to have the club king, South cashed his club ace and continued with the club queen. West won and had to return a minor-suit card, allowing declarer to ruff in the dummy and sluff his heart loser from hand.



Sutton First Responders question changes to services

Taylor McClure
Special to Brome County News

Earlier this month, the Town of Sutton reorganized its First Responders' services, limiting the services responders can provide to the PR2 level. The reorganization also calls for collaboration with the town's fire department in responding to emergency calls, a new on-call response system, and more equal compensation for First Responders.

After learning of the changes, volunteers with the First Responders were left questioning the decision to limit the services they can provide to the population, and according to former coordinator Marie-France Lépine, who was recently let go by the town, some 25 out of the 28 volunteers have resigned from their position as a result.

There are eight priority levels established to classify a call to 911. PR-0 (high risk of cardiac arrest), PR-1 (immediate risk of dying), PR-2 (trauma), and PR-3 (potential risk of clinical deterioration) are considered emergency calls. PR-2 level of First Responder training addresses calls up to PR-2 while PR3 level of First Responder taking takes into consideration PR-3 priorities.

"Last year, we were missing personnel like everybody else. They are all volunteers. The pay is not the main reason we were working, we are working for the population. But because there were a lot of missed evenings, they said well we will use the firefighters to fill in the gaps, which was a good idea," said Lépine.

CONT'D ON PAGE 3

Black History Month project leaves an educational mark at WES



COURTESY

By all accounts the project was a great success at WES. "It was absolutely fantastic! I learned alot!" commented first grader Deekay. Brianna, Nikolas and Caleb, also from Grade 1, shared their thoughts: "I liked it alot, it was cool to hear about all the great people!" Caleb said. "It was really fun! I liked it so much, it was my favorite activity!" Brianna added. Nikolas was equally impressed: "I liked every single project I saw!"

By Taylor McClure
Special to Brome County News

Before heading off for March Break, Grade 4 students from Waterloo Elementary School (WES) came together for a project to highlight Black History Month. They were tasked with researching significant contributions of Black Canadians and researching a person they shared interests with before presenting and highlighting their chosen person's story to a class of Grade 1 students. Not only did the project underline the importance of highlighting Black history, it fostered a new learning experience that left students wanting to do more.

"Nobody was really doing Black

History Month this year so I was a little bit disappointed because I do have multiracial children and I always found it important in our rural areas to teach more about culture, diversity, and microaggressions and so I was asked to share a bit with this group," said Cindy Elston, volunteer and substitute at WES. "We came up with the idea that we should research significant contributions of Black Canadians across Canada."

Students were given one period to find someone that they connect to or share interest with and research their story. They left Elston amazed with the individuals that they came across, including hockey player P.K. Subban, who changed the face of the game

and made philanthropy a priority, and Mary Ann Shadd, the first woman and first Black woman to establish her own newspaper in Canada and an anti-slavery activist.

"You have the first Black judge of Canada and the youngest ever Canadian soccer player who was a refugee. This child was not only excited because they like soccer, all of a sudden he was like what is a refugee?" said Elston. "He researched what a refugee is, the process of becoming a refugee, why they come here, how they come here."

Students used their research to create a Google slides presentation to share what they learned with Grade 1 students. Elston said she and

CONT'D ON PAGE 3

GROUPE
ST-LOUIS
EVERY CLIENT IS
unique



DE SALABERRY STREET, COWANSVILLE | 450-263-8888

NISSAN
COWANSVILLE

TOYOTA
COWANSVILLE

MAZDA
COWANSVILLE

Brome County Community Bulletin Board

Lac Brome Food Bank - If you need assistance, please call 450-242-2020 ext: 319. Pick up at 270 Victoria at the back.

April 2

Township Toddlers Annual Benefit! Saturday, April 2 from 5 p.m. to 6:30 p.m. Roast beef and pork BBQ, \$20/person, \$10. for 6-12 yrs and 5 yrs and under free. Arts & Crafts Auction; Dance to follow auction with Smokin Country and Friends \$5/person for dance. Salle des Chevaliers de Colomb 224, rue Christophe Colomb, Cowansville. Reservations (Ross) 450-266-1716.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH – DUNHAM

Sunday services at 10 a.m. – all welcome! Our weekly church service will also include a celebration of the Eucharist. The Reverend Sinpoh Han. Information: 450-295-2045.

ANGLICAN PARISH OF BROME

Sunday services cancelled until further notice. See the announcement for Grace Anglican Church to join the online meeting on Sunday mornings. Information: Rev. Tim Smart 450-538-8108.

Bedford Pastoral Charge of the United Church of Canada

March 27, there continues to be in-person worship in Stanbridge East,

9:30 a.m. led this Sunday by Rev. David Lefneski. You may also attend the Zoomed service from Emmanuel at 11:00 a.m. The Lenten Learning Zoom Circle is also open to all. Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca

Meditation Scripture: John 12:24 “Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.”

CREEK/WATERLOO PASTORAL CHARGE

Effective immediately, Creek United Service has returned to in person worship at 9 a.m. Sundays. St. Paul’s Waterloo has returned to in person worship at 10:30 a.m. Sundays. Both services require masks, distancing and remaining seated the entire time. As previously, the St. Paul’s service is also available via the Facebook page of Dave Lambie for those unable or unwilling to attend in person. For information 450-539-2129.

EMMANUEL UNITED CHURCH

On our Lenten Journey 2022, join us for a hybrid worship experience the fourth Sunday of Lent, March 27 at 11:00 a.m. (following the simpler protocols of mask wearing, distancing and disinfecting) with Rev. David Lefneski. The 2021 Annual Meeting is via Zoom at 2:00 p.m. on March 27. Zoom links are in our weekly Friday

newsletter. Please contact the church office to sign up. Lenten Learning Zoom Bible Circle, “Our Faith Community in Turbulent Times”, Thursdays from noon to 1:00 p.m. Check out the weekly Friday posting of a “Lenten Journey” on our Facebook page. (facebook.com/emmanuelunited). Church office: 450-263-0204; email: capcchurchoffice@bellnet.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 a.m. Sunday mass has resumed. However, in order to comply with the latest Quebec Health restrictions, we must limit our capacity to 50% as well as requiring proof of the vaccination passport in order to attend mass. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>

GRACE ANGLICAN CHURCH

We are now open for in-person worship for our regular 10:30 a.m. Sunday services. Everyone is welcome. Alternatively, you can attend online. For an invitation to join, please email the Rev. Tim Smart, revtimsmart@gmail.com or visit our Facebook page “Grace Church, Sutton” for the Sunday link.

KNOWLTON MOUNTAIN VALLEY PASTORAL CHARGE

Welcome to in person and online worship beginning March 2022

at Knowlton United Church, 234 Knowlton Road, Knowlton at 11 a.m. Worship services will be held on the first 3 Sundays of each month unless otherwise stated. For further information, please contact Rev. Steve Lawson at 450-242-1993.

ST. PAUL’S ANGLICAN CHURCH

Due to COVID regulations we are back to online services only. We continue to livestream our Sunday morning worship at 8 and 10 a.m. at St. Paul’s Knowlton on Facebook. All services are also available for replay. At 24 St. Paul’s Road in Knowlton, St. Paul’s is a dynamic diverse community pursuing and serving Jesus in the Eastern Townships. Our mission is to grow in members and spiritual maturity so that we can reach as many people as possible with the love of Jesus. Everyone welcome! Telephone: 450-242-2885, email: stpaulsknowlton@gmail.com

TRINITY ANGLICAN CHURCH

We welcome you to join us for our 10:30 a.m. Sunday morning church services in the church. We adhere to the protocols established by the Quebec Public Health Department and the Anglican Diocese of Montreal. To leave a message, please contact the church office 450-955-3303.

Maple syrup can be made cheap too

Less nutrition in pre-concentrated, rapidly boiled syrup



FARM NEWS REVIEW

SCOTT STEVENSON

Local Journalism Initiative

Dark maple syrup may soon enjoy a new fate. Long considered less attractive and therefore less valuable, research now shows it’s healthier, in addition to being popular in many flavour-rich recipes.

Quebec’s Centre Acer research institute found that light syrup—golden, as it’s now described in Quebec’s four-grade system—has three times fewer antioxidants and four times fewer polyphenols.

“This data is significant in a context where many consumers are turning to maple syrup as a

sweetener in order to benefit from its nutritional properties, such as antioxidants and polyphenols,” reported the *Terre de Chez Nous* weekly newspaper in February 2021. “In addition, light syrup...generally gives less flavour than amber, dark, or very dark syrup.”

The *Terre de Chez Nous* article was published a year after the Centre Acer reported on its research at a maple syrup conference I attended in Lake Megantic in winter 2020. And the Quebec-government-funded research centre has since published follow-up studies to show how producers can still get a dark, flavourful syrup despite their high-tech systems.

The problem, according to the research, is that pre-concentration techniques such as reverse osmosis and nanofiltration help remove flavour and nutritional qualities.

But those technologies are now widespread in the industry, saving energy costs—and therefore negative environmental effects—that become significant when producing syrup on a large scale, from tens of thousands of trees in many of today’s sugar bushes.

The industrial producers are therefore encouraged to pre-concentrate less and boil slower to

get a darker, healthier syrup—which goes against what was previously prized.

“Syrups produced from ultra-high...concentrated sap had lower concentrations of potassium and polyphenols, a lighter color and distinctive flavor,” the Centre Acer published on its Web site in August last year and in *Food Control* magazine last January. “This was mainly observed when no modification were (sic) applied to the heating pattern in the evaporator pans. However, syrups produced by modulation of the heating pattern in the evaporator had color, flavor and taste similar to control syrups.”

This trade-off of syrup quality for production efficiency gets no mention on the Quebec Maple Syrup Producers Web site, which features countless articles on the health benefits of maple syrup and sap.

And even some producers send mixed messages by their different preferences and interpretations.

In a recent interview on CBC Radio’s *All in a Weekend* show, maple syrup producer Geneviève Mercier said she “recommends using golden or amber syrup...for maple-heavy desserts.”

Assuming she was quoted correctly—she was previously a

restaurateur—this seems counter-intuitive. By the Maple federation’s own grading, golden syrup has a “delicate taste,” amber a “rich taste,” dark a “robust taste,” and very dark a “strong taste.”

The positive side of our highly developed maple industry in Quebec—with its producers’ federation, research centres, and refined public interest—is a better understanding of the qualities of maple syrup and the effects of different production techniques. Not all maple syrups are equal—even beyond the colour and flavour differences.

And once again we learn that the cheaper a food is produced (usually reflected in cheaper prices in the grocery store), the poorer its taste and nutritional values tend to be.

Cheap carrots mass produced for a large grocery chain are nothing like carrots from your nearest small-scale, health- and environment-conscious farmer. The same applies to beef, chicken, eggs, and other foods.

Happily, the Eastern Townships is full of such farmers, and according to the Quebec Ministry of Agriculture, many consumers can still be convinced to buy more from them.

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

Sutton First Responders

CONT'D FROM PAGE 1

Lépine emphasized that the First Responders have no issues with working alongside the firemen, the problem lies with having more personnel, but decreasing the value and level of service to the population.

"It was a good idea as long as they became PR3s, as long they come to our level of service not lower. In 2021, we had a lot of night shifts closed, but in 2022 it was getting down to a small percentage of night shifts that weren't filled," explained Lépine. "We were getting there. Plus, we were getting five more First Responders at the end of March and beginning of April which would have made our service 100 per cent, but the town did not wish to look into that one."

Lépine went on to explain that PR3 level calls can lead to urgent medical emergencies and that the majority of these calls stem from the elderly population.

"It's mostly very elderly people, falls, which are a non-urgent matter, but sometimes those non-urgent matters are more urgent than they appear to be," she noted. "I've had falls that became cardiac arrest, falls that had a lot of blood, but that's the PR3. We were there first and we could tell the ambulance if something is wrong."

Jean-Pierre Boisvert, who helped form Sutton's first First Responders group, and who continues to help by providing statistics and guidance, also agreed that it was a good decision to work with the firefighters, but to limit services to the PR-2 level would eliminate about 57 per cent of their calls.

"It was was a good idea to take two First Responders for example and split them between Thursday night and Friday night. We would have two shifts half loaded for the duty. That would be good if the firefighters can jump in if there is a call coming in," explained Boisvert. "If there is a call coming in, one of them just has to say I'm going and he's going to help the First Responder at a service call. That was a great idea, but the problem is that they are trained at half of the level; 57 per cent of the calls will not be answered

by the firefighters because at the PR-2 level they cannot answer all of those calls."

We had had 385 calls in 2021. Reducing the response to PR-2, the only calls we would responded to only 155 calls," added Lépine. "We wanted to keep the same level that Knowlton has due to the similar size of the region we cover.

Boisvert mentioned that he has all of the data about how limiting the services to the PR-2 level would affect the population, but that the administration did not reach out to him for what he deemed important information to take into consideration when making decisions that affect the population. By limiting the level of services to the PR-2 level, PR-3 level calls will no longer be forwarded to the First Responders and those calling 911 will have to wait for the ambulance.

"More than half of those people are aged between 70- and 100-years-old. Their call to 911 will be evaluated as urgent, urgent means I need help now, not in 15 minutes," he noted.

Both Lépine and Boisvert said that they tried reaching out to the administration for answers before and after the official decision was made, but were never provided with a clear response or any response at all, including at an information meeting the town called on March 1.

"At the March 1 meeting, they never thought they'd have so many First Responders standing in the room and they could not answer our questions. Twenty-eight First Responders were there asking what is going on," said Lépine. "The current administration judged that it was unacceptable to have holes in our schedules, but were not willing to help fill in those gaps with more First Responders. They weren't ready to help and it's a matter of having First Responders at level 3."

As a result, Lépine said that 13 out of the 28 volunteers handed in their resignations and when a second meeting was called about a week later and it was made clear that the town had made its final decision, another 12 personnel handed in their resignations.

Both Lépine and Boisvert said that at the end of the day, the decision does not take into consideration the needs of the population.

"They are cutting off people from offering their services. All those hours that people have given to the town all of those years, there is really a lack of reason," said Boisvert. "I just don't understand."

"We're not going to be paid and go lower. We're not going to stand and wait for 155 calls when we can do 385 calls, we are not helping the population. The population is elderly and they need a lot more help, they are PR-3s and a lot of times they are important," emphasized Lépine.

The Town of Sutton's position, with the support of Quebec's Ministry of Health, is to limit the services at the PR2 level of training to ensure that 100 per cent of emergency calls are fulfilled up to the PR-2 level and to hopefully build the services back up to PR-3 once this is accomplished.

"What the Ministry says is that we prefer to have a service at 100 per cent rendered at PR-2 than 80 per cent at

PR-3. When you look at the levels, you think that P3 is more than P2, but as a matter of fact the services rendered that really have a scare on their life is PR-0, PR-1, and PR-2," said Robert Benoit, mayor of Sutton, in an interview with Brome County News last week.

To address the lack of first responders' personnel, the town wants a collaboration with Sutton's firefighters, around 16 of whom already have their PR-2 level training, and to bring both groups under the direction of Don Mirault, director of public security, to establish a team effort.

Combined with a new on-call response system that will notify both First Responders and the firefighters on their cellphone when a call comes in that no longer requires responders to wait on a 12-hour shift, Benoit explained that the motivations of the town when making these decisions was to provide a service at 100 per cent to the population and to make things more efficient for the first responders to fulfill their calls. "I want the most vital calls to be responded to at 100 per cent and I won't accept anything lower than that," said Benoit at the time.

WES Recycling – a Grade 6 tradition



COURTESY

Throughout the 2021-22 school year the Grade 6 at Waterloo Elementary School (WES) students have demonstrated a remarkable amount of enthusiasm and have taken on a leadership role



COURTESY

for the school recycling program. Each Thursday, at 1 p.m. the students announce to the school that they will be collecting the recycling from each class. Once collected the recycling team, makes sure it is properly disposed of it in the recycling bins outside.

Every year the Grade 6 students at WES know that they will be taking over the recycling program for the school. As a rite of passage, this activity has become a tradition that provides the students with a sense of pride and continuity.

Thank you to this year's class for taking on this task and in doing so showing their dedication to the community as well as being responsible citizens doing what they can to help support the environment. Way to go WES!

Submitted by WES Grade 6 teachers

Black History Month

CONT'D FROM PAGE 1

Grade 1 teacher Kristyn Courchesne thought the younger students would only be able to make it through one presentation, but they threw them a curve ball when they asked to hear more and took part in thorough discussions.

"As they were leaving the class, they were asking their teacher what's next month, what are we celebrating? People? Are we celebrating something?" laughed Elston. "The Grade 4s are not only filled with pride because they taught somebody something and had a sense of purpose, but how well they were received, how hard they worked, and they are excited to do it again."

Not only wanting to highlight the importance of Black history, Elston spoke with the groups of students about her son and how every time he

gets his hair cut, people ask if they can touch his hair. She explained how he feels isolated because a point is being made that he is different from his peers, despite having no control over it, the discussions sparked a learning experience that students can bring into their everyday lives.

"There are those microaggressions of separating and isolating someone because of race or something you have no control over. The kids never realized that before and it opened them up to the idea that wow, a little over 60 years ago the first Black girl went to a white school," explained Elston.

With Grade 4 students emphasizing kindness towards difference, Elston said it was important to her that students develop awareness outside of what they know.

Local Ukrainian relief update –people want to help

By Louise Smith

On the front page of the Brome County News last week was an article by Taylor McClure focusing on the work of Bohdana Zwonok. She was gathering materials for Ukrainian refugees. In just one week the magnitude of the humanitarian disaster has only grown. Distribution of goods is becoming an issue as Russia now is targeting areas in the western part of Ukraine close to the Polish border. For updates on her efforts there are two Facebook groups that can be looked at, Knowlton.com and Lac-Brome.com.

In a separate article the Bears for Peace Campaign at Emmanuel United Church in Cowansville was featured. The church was hoping to raise \$400 over a six-week period and in only one week, half of the goal was met! Karen Ingalls, the church secretary, had someone who had gone to Massey-Vanier at the same time as her, drop by last week to purchase some of the bears. A member of Trinity Church dropped off a donation. People outside of the congregation are making a

connection and it is appreciated. The Welcome Project centered in the church is getting some attention as well. For more information or to buy a bear, the church office phone number is 450-263-0204.

Finally, some movement towards accepting Ukrainian refugees seems to be taking momentum, but there are still questions around the extensive government paperwork that is forming a hindrance to getting people in quickly. The email given for the federal representative for our area, mentioned in an article was inaccurate. The email for Pascale St. Onge is pascale.st-onge@parl.gc.ca. Someone contacted me to get the correct email, as she wanted to offer accommodation for a Ukrainian family. It does not hurt to contact governmental representatives to encourage speed in getting things done and to ask questions.

Provincially, our MNA is Isabelle Charest of the CAQ. She is the Minister Responsible for Women and is Junior Education Minister. Under Bill 101, for humanitarian reasons, children can attend English schools. However, according to a report by Amy Luft of CTV

News, on March 17, Education Minister, Jean-Francois Roberge, has stated that he is committed to integrating Ukrainian refugees into the French sector of schooling even if English is the second language of some of the refugees. Premier Legault has made statements that in an interim situation he is open to the idea of making an exception. But nothing is clear. Anyone wishing to contact their provincial rep to make their opinions known, or to receive further information, can contact Isabelle Charest at minister.deleguee@education.gouv.qc.ca or at 418-266-3255.

One thing that is clear is that many in the Eastern Townships and beyond want to do something productive to help alleviate the terrible circumstances in which refugees from Ukraine have found themselves.



LOUISE SMITH

Pet of the week: Buddy



My name is Buddy (male). I am a magnificent black German Shepherd born on July 22, 2020 with a beautiful and strong personality. I am so smart and very playful. I know a lot of things and my focus is surprising. I have a great training potential. I also have a lot of energy that I need to expend on a daily basis.

I am vocal and might be suspicious with strangers, especially men. My future owner must have great experience with dogs and must

be able to adequately manage my environment and help me control myself in different situations, all with gentle techniques and positive reinforcements.

I need a fully securely fenced yard. I could cohabit with another female dog, but not with cats, children or teenagers.

If you think you could be my forever home, please contact the shelter at: adoptionpcamonteregie@gmail.com.

Ben in Focus



Will this be the last time?

Brome County NEWS

5-b VICTORIA ST., KNOWLTON, QUEBEC, JOE 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155
bcnnews@qc.aibn.com

Published weekly by

THE RECORD

6 Mallory, Sherbrooke, QUEBEC, J1M 2E2

E-MAIL: newsroom@sherbrookerecord.com
www.sherbrookerecord.com
SHARON McCULLY PUBLISHER (819) 569-6345
MATTHEW McCULLY ASSOCIATE EDITOR (819) 569-6345
NICOLE MARSH SECRETARY (450) 242-1188
JESSE BRYANT ADVERTISING (450) 242-1188

Established May 1991

PRINT SUBSCRIPTION TO THE BROME COUNTY NEWS: 1 year print subscription to The Brome County News and The Record (Tuesday only) mailed to your home - \$58.00 (including taxes)

Call our subscription department at 819-569-9528.

CIRCULATION

Distributed to all Record subscribers every Tuesday as an insert, and to households and businesses in Abercorn, Bedford, Brigham, Brome, Bromont, Cowansville, East Farnham, Foster, Fulford, Knowlton (Brome Lake), Sutton, Bolton Centre, West Brome.

The Record was founded on February 7, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

Canadian Publications Mail Service Product Agreement No. 0479675.

Member

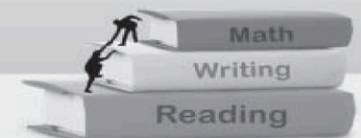
ABC, CARD, CNA, QCNA



OFFICE HOURS:
MONDAY TO FRIDAY
9 A.M. TO NOON

BCN RATES & DEADLINES COMMUNITY CALENDAR

Brome County News Community Calendar is reserved for non-profit organizations only. **Deadline is noon on Fridays.** Must be pre-paid. Up to 40 words: \$8, 41-70 words: \$12, 71-100 words: \$15, all prices include taxes. **Special rates:** \$2 off for 2 insertions, 1 BCN and 1 in the Friday Record "What's On" section. Please forward notices to 5-b Victoria St., Knowlton, QC JOE 1V0, email: bcnnews@qc.aibn.com, or fax: (450) 243-5155. Visa and Mastercard accepted.



Learn More. Achieve More.
To improve reading, writing or math skills, look under **LEARN** in the Yellow Pages™ or visit www.LookUnderLearn.ca



Local painter supports Ukrainian refugees

By Ruby Irene Pratkan
Local Journalism Initiative

Stéphane Beaudin could no longer just watch.

As the war between Ukraine and Russia escalated at the end of February, and images of busloads of refugees fleeing bombed-out towns flashed across the TV screen at Beaudin's home in Farnham, the special education technician turned housepainter decided he had to act.

"My partner is a nurse, and she wanted to go to Ukraine to volunteer as a nurse, but she was told she had to wait six months," he says. "We found that very frustrating."

Two weeks ago, Beaudin wrote a post on Facebook wondering how he could best help the Ukrainian people; contacts, requests and offers of support began flooding in, exceeding his wildest expectations. Next month, Beaudin and a fellow volunteer, a special education technician from Spain who he met through a friend on social media, plan to travel to Bucharest, Romania, rent a van and use the van to transport supplies and displaced people to and from the Ukrainian border.

According to the office of the United Nations High Commissioner for Refugees, nearly 3.4 million people have fled Ukraine since the Russian invasion of the country began on Feb. 24. Most have fled to neighbouring countries, including Romania, Poland, Moldova, Slovakia and Hungary. "In Bucharest and in the capitals of all the countries bordering Ukraine, there are thousands of people arriving - imagine 200,000 newcomers arriving in Sherbrooke overnight," says Beaudin.

His plan is to provide refugees with transportation into Romania, and bring supplies - including medicines, soap, razors, binoculars and bulletproof vests - to the Romania-Ukraine border;

friends of friends will then bring the supplies to Odessa. He and his Spanish colleague plan to repeat the journey as many times as they can during a two-week trip. Over the past two weeks, he has been busy on social media establishing contacts and setting up supply drops; his partner and 11-year-old daughter are helping out with fundraising and research respectively.

Beaudin believes his background in special education will serve him well working with refugees. "I'm experienced in crisis management and assistance with children and adults; when you're a special educator, you're used to being adaptable, doing a lot with a little and being a team player. My colleague and I are two special educators on a mission."

The Canadian government currently advises against all travel to Ukraine. Major humanitarian organizations including Doctors Without Borders and Doctors of the World, while actively recruiting medical professionals and people with experience in the logistics of humanitarian aid, have cautioned against untrained international "helpers" travelling to Ukraine or any other conflict zones.

Beaudin clarifies that he has no intention of crossing the border into Ukraine. "I have no experience in war zones and I'm not actually going [to the front lines]," he says. "The people from the [International Committee of the] Red Cross and Doctors Without Borders who are actually in Ukraine are the real heroes from my point of view. I'm not suggesting that anyone should just go to a war zone without a plan. Bucharest will be our base camp, and we feel like we'll be safe in Romania."

"Every time I have a worry about this trip, I think of all the mothers and children and grandparents fleeing Ukraine; compared to them I have nothing to worry about," he says.

Accessible tourism rolls into the future

By Ruby Irene Pratkan
Local Journalism Initiative

When apple-picking time comes around this fall, wheelchair users will be able to roll up to a stand of pick-your-own trees at Au Coeur de la Pomme, a Frelighsburg orchard, for the first time. They will also be able to use adapted tables at the onsite picnic area, reach the second floor of the facility's historic barn, access the boutique and explore the site on a wheelchair-friendly outdoor trail; the washrooms will also be made fully accessible.

"We have received groups of visitors from a centre for people with disabilities in Sutton and a centre in Frelighsburg," explains co-owner Stéphanie Lévesseur. "Some had reduced mobility in addition to intellectual disabilities, and

we realized that we weren't entirely adapted to their needs. When we started an overall renovation in 2020, we knew we wanted to make it fully accessible."

Lévesseur is not alone. "More and more attractions are being set up with accessibility in mind," says Danie Béliveau, spokesperson for Tourisme Cantons de l'Est. "The more accessible places there are, the more people will go."

To carry out the renovations, Lévesseur received a grant of just over \$85,000 from a provincial tourism ministry program, the Programme d'accessibilité d'établissements touristiques (PAET), which recently funded accessibility projects at the Granby Zoo and the Parc des Sommets in Bromont. The program distributed a total of \$2.7 million in funding.

CONT'D ON PAGE 7

Calling

all Artists, Artisans, Musicians, Writers and Performers

It's been a rough year for artists and performers, with public gatherings banned, venues shuttered, craft shows cancelled and theatre performances put on hold.

Brome County News wants to help kickstart the arts sector that contributes so much to the vitality and richness of Brome-Missisquoi.

Each week the newspaper will feature a local artist, musician, writer or performer.

Brome County News will also publish a comprehensive Artists Directory for Brome-Missisquoi to allow residents and visitors to find musicians for live performances, pianists for weddings or special occasions, potters to create the perfect gift, to commission a painting by a Townships artist or to buy books written by Townships' authors.

If you are an artist, writer, musician, actor or artisan, or otherwise involved in the arts, send us an email and someone will contact you about your FREE listing in the directory.

bcn@sherbrookerecord.com

Check out the Brome County News website: www.bromecountynews.com

This project has been made possible by the Community Media Strategic Fund offered jointly by the Official Language Minority Community Media Consortium and the Government of Canada

WE ARE NOT INVISIBLE

Just because
we have white hair
and wrinkles

doesn't mean we are invisible

We have earned
those lines

we ,the caretakers
of the universe
having mothered
our families and our
communities

we did not shirk our duties

so why this invisibility?

we are the sages
Miriam Webster
says

discerning, insightful, perceptive
prudent with
great wisdom...

this is who we are

I am stepping out of
the confines of Harry
Potter's invisibility
cloak

and looking at the world
standing bold and proud

so the next time you
meet one of us
sages of the world

open your eyes wide
acknowledge us
for our wisdom
not our wrinkles

WE ARE NOT INVISIBLE

Sheryl Taylor
elder and sage
Three Pines resident

Haiku by Phyllis Sise

clack of ice grippers
tap dancing down
the unsanded side of the street

Our Townships
CIDI99.1
Community Radio

XPLORNET
PRESENTS

KAREN KADERAVEK'S
MUSICAL ODE
— TO —
UKRAINE

SUNDAY MARCH 27
— 10 AM —
WEDNESDAY MARCH 30



CIDI991.COM

The vaccine isn't effective against this,

but it's very effective against COVID-19.

Quebec.ca/COVIDvaccine

Vaccination remains the best protection.

Accessible tourism

CONT'D FROM PAGE 5

PAET applicants received logistical support from K roul, a Montreal-based organization with a provincewide mandate that maintains an exhaustive guide to Quebec's accessible tourist attractions.

"We have been around for 42 years, encouraging the tourism sector to become more accessible," says Bromont resident Nathalie Roy, K roul PAET co-ordinator. "We evaluate tourist sites to give them an accessibility rating, and we can also offer training to CEGEP and university tourism programs." Roy visited facilities run by PAET applicants "to see the current state of things... and make recommendations to the owner or promoter. They used the recommendations to build their plans, and then the plants were analyzed and evaluated by an architect and the recommendation was made to the [funding] committee."

"People think that accessibility is necessarily expensive, but when it is built into plans for new buildings, that's not necessarily the case," says Roy. "People [without disabilities] used to believe that if you're handicapped,

you don't leave the house, but of course you do."

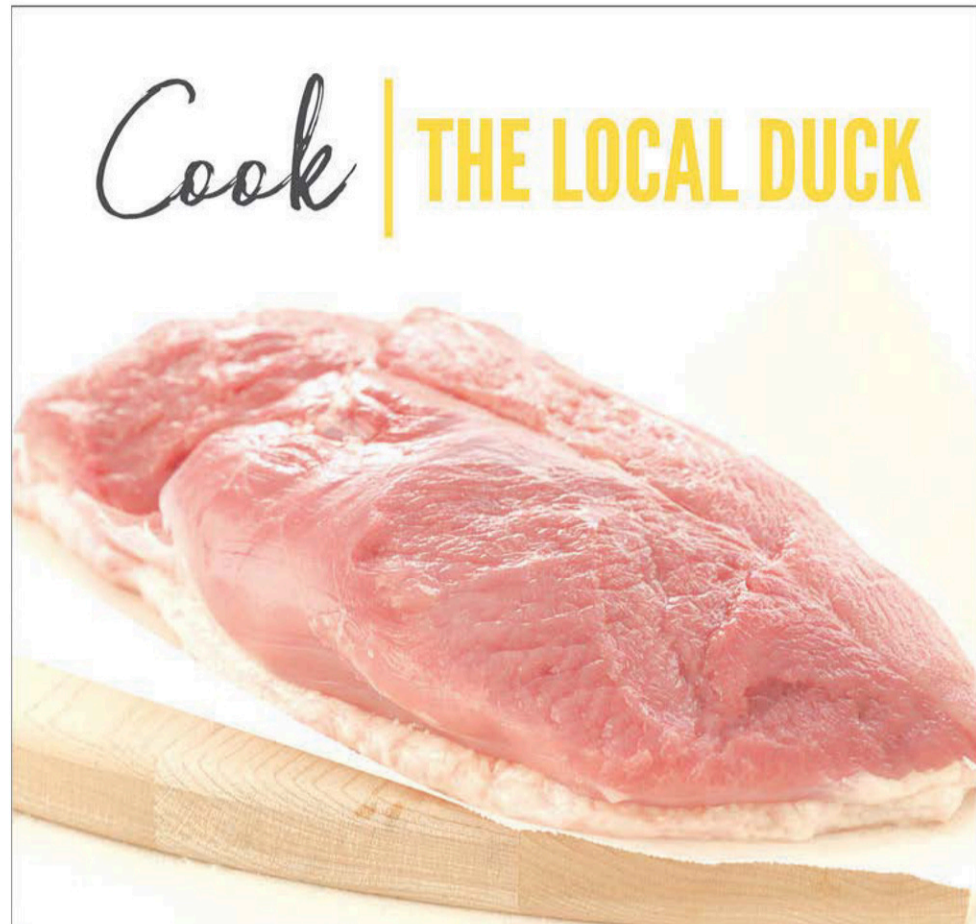
Roy says the PAET has kickstarted an existing trend toward more accessible tourist attractions. "The program has definitely created more interest...but in general, we have an aging population, and because of the COVID-19 pandemic, people are more inclined to keep their distance and avoid touching things."

Roy explains that accessible features such as wide corridors, step-free access and larger washrooms help elderly people and parents with strollers, in addition to wheelchair users; a sign or counter that is at an accessible height for an adult wheelchair user is also accessible for a child. "Often," she says, "minor changes can make a difference."


"People think making a site accessible will be expensive and a lot of work, but sometimes it's simple," says L vasseur, the orchardist. "The rubber carpets we put down to make it easier for wheelchair users [to access the orchard] are actually not that complicated. We just never thought of them before."

Follow The Sherbrooke Record on Facebook and Twitter!

 sherbrookerecord  @recordnewspaper



Cook | THE LOCAL DUCK



50% OFF [Seasoned Duck Breast]
Bulk - frozen
Best before: June 10th, 2022
At the Knowlton store

- BOUTIQUE -
40, Centre Road, Knowlton QC - 450.242.3825 ext. 221

Dedicated, under and outside your roof.

Lussier Dale Parizeau, a leading force in your region for over a century, is now Lussier.

Orange to reflect our warm approach.
Lussier to represent our multiple acquisitions.
A new identity to express our true nature.

Our mission remains the same: To find the best way to protect our client's human and financial assets.

ATV, boat, RV, home insurance.

Discover the full scope of our global offer.



Financial services firm
450 263-2787

Lussier.co



ABOUT TOWNSHIPERS

Éducaloi and the Legal Information Clinic: Making Legal Information Accessible to All

By Maggie Severs

Laws govern the everyday lives of everyday people. Even so, the details of these laws are dressed up in complex and field-specific vocabulary, which makes them difficult to understand for many people who are legally obligated to abide by them.

"The law is part of everyday life, even when we don't realize it. Knowing some legal basics should be an essential life skill. But few people are equipped to keep up on legal rules, or to understand them" according to Sarah Dougherty, a lawyer from Éducaloi.

Éducaloi is a non-profit organization and a resource for easy-to-understand legal information. Translating law from legalese to plain language, Éducaloi makes access to legal information easier than ever. In operation since 2000, this organization has created a free online library of resources that covers a wide variety of legal topics: from wills and rights to housing and business, Éducaloi has broken down the complicated legal jargon found in the pages of legislation and made

the general terms and implications of this legal information accessible to everyone. If you're looking for personal advice on a specific legal matter, you will certainly need to consult with a practicing lawyer; however, in other cases, Éducaloi can provide you with information to help you easily understand your legal rights and obligations in a variety of situations.

Since 2020, Townshippers' Association has partnered with Éducaloi to offer the Éducaloi Community Mobilization Project (ECMP). This initiative is financially supported by the Secrétariat aux relations avec les Québécois d'expression anglaise (SRQEA). This project makes it easier than ever for the English-speaking community of the Eastern Townships to access legal information workshops, printed resources, and an online database of regional legal resources that are accessible in English. As a fully bilingual resource, Éducaloi uses their website and special events and offerings (which are made possible through the Éducaloi Community Mobilization project) to offer digestible legal information in both



TINA KOEHLER (PIXABAY.COM)

Through the Éducaloi Community Mobilization project, you can access easy-to-understand legal information in English. To learn more, visit www.townshippers.org.

French and English, and in a variety of formats.

"The thirteen community organizations [involved in the Éducaloi Community Mobilization project] receive training and support for offering legal information and referrals. They also agree to present several legal information workshops each year on topics of interest to families, seniors, and students, as well as other legal information and education activities" says Richard Goldman, Éducaloi lawyer.

Made possible by the Éducaloi Community Mobilization project and the SRQEA, Townshippers' Association will be offering a series of legal information workshops to wrap up the 2021-2022 project year. These workshops will cover the following topics - Grandparent's Access Rights Following a Split or Divorce; Tenant's Rights & Responsibilities; and Advance Medical Directives and Living Wills: What They Are and How to Make Them. Townshippers' will host these presentations on Zoom in the last two weeks of March. To learn more about these upcoming workshops, keep an eye on the Townships Crier and What's On columns in The Sherbrooke Record or contact Vanessa: va@townshippers.org.

Townshippers' Association also offers a legal information clinic out of their head office in Sherbrooke. This service is made possible through a partnership with the Université de Sherbrooke and is carried out by third year law students studying at this institution. Although they are students and are therefore not yet permitted to provide direct

legal advice, these young, aspiring professionals can research your specific situation to provide you with guidance, resources, and detailed information about processes and the law. This service is free and confidential, and accessible across the Eastern Townships. With a designated, confidential phone line and email address, Townshippers' facilitates access to this service in-person or at a distance.

When you are informed of your rights, your obligations, and the laws governing the systems that you navigate in your day-to-day life, you can be a more informed and effective advocate for yourself and for your loved ones. For more information on the Éducaloi Community Mobilization project or on Townshippers' free legal information clinic, visit www.townshippers.org or call 1-866-566-5717.

To learn more about Éducaloi, visit: www.educaloi.qc.ca/en.

This monthly column keeps you in touch with Townshippers' Association's activities and news. Other ways to keep in touch:
Online

www.townshippers.org
[Facebook.com/Townshippers](https://www.facebook.com/Townshippers)
[Twitter @Townshippers](https://twitter.com/Townshippers)

In person
3355 College St., Sherbrooke
3-584 Knowlton Rd., Lac-Brome
By phone
819-566-5717
450-242-4421

What you get for less than \$15/month?



- Local journalism, and you support an institution that has provided news to the community for 124 years
- Monday-Friday print edition plus free access to the full digital edition
- Dozens of special sections and feature magazines included with your subscription

SUBSCRIBE NOW!

THE
RECORD

Call or email The Record
and start your subscription today!

819-569-9528
billing@sherbrookerecord.com

Province takes aim at cat declawing with proposed law

By Ruby Irene Pratkan
Local Journalism Initiative

The rights of cats to scratch and dogs to bark to their heart's content will soon be protected by law in Quebec.

On March 16, the Canadian Press revealed that agriculture minister André Lamontagne, whose ministry also oversees animal welfare, intends to table a change to existing legislation that would "forbid, except when recommended by a veterinarian, the devocalization (mutilation of the vocal cords), caudectomy (tail docking) and onysectomy (declawing) of any dog or cat, as well as the ear cutting of any dog." The regulatory change is expected to come into force this summer.

The Ordre des médecins vétérinaires du Québec has discouraged cat owners from having cats declawed since at least 2019. Animal welfare activists

and the SPCA have been calling for the practice to be outlawed for several years, most recently through an online petition submitted to the National Assembly in January which received more than 21,000 signatures.

Valérie Forest is a vet at the Animavet veterinary clinic in Bromont. She says she's in favour of a law against declawing.

She explains that declawing, a once-routine procedure, is not the feline equivalent of a person getting their fingernails clipped. Rather, it's more like getting their fingertips lopped off.

"When you remove the claw, you remove the cat's last finger bone," says Forest matter-of-factly. "It's an amputation. A cat will experience phantom pain and mutilate themselves because they're in so much pain." She says declawing also changes the way a cat walks, putting stress on its tendons and creating a permanent limp. They're also no longer able to scratch

their backs or stretch naturally, which are "physical and emotional needs."

She advises cat owners to make sure their cats have access to a sturdy, visible scratching post. When cats' claws get too long, they can be clipped, either at home or by a groomer.

"People declaw their cats because they don't want to be attacked, but declawed cats are more aggressive - when we touch their paws, we get bitten," Forest adds. "From an infection standpoint, a bite is more dangerous than a scratch."

She says all of the procedures that would be banned by the new law, including devocalization and aesthetic ear and tail cutting, are in decline as cat and dog owners become more knowledgeable about how animals communicate and feel pain.

"I've never been asked to do devocalization; that's very rare," she says. "We do get requests for ear and tail [docking] from breeders, although



METRO CREATIVE

no breed of dog needs their ears cut. Dogs use their ears and tails to communicate; if they don't have them, they can't [use] body language. There can also be pain, anxiety, a risk of infection...fortunately, standards are changing."

Ding's Garage celebrates 25 years

By Taylor McClure
Special to Brome County News

Ding's Garage in Knowlton, is celebrating 25 years of service. William "Billy" Mckellar and Arlene Mckellar took over the garage in 1997 from John Dingman after he decided to retire. Working in mechanics from a young age, William always wanted his own garage and they saw a window of opportunity. With a two-decade journey in serving the community in more ways than one, the Mckellars aren't planning on slowing down any time soon.

William worked at various garages in Knowlton during his summer vacations from school, starting off pumping gas at 13-years-old and then learning mechanics from his father, a truck driver who did all of his own repairs. He and Arlene married in 1979 with Arlene working as an amateur artist and Billy continuing in mechanics learning the ropes from Ruth Patch, Arsen Choinière, and then John Dingman.

"He (John) decided to retire in 1997 and then we took over," said Arlene. "I knew nothing about mechanics or garage business. This has always been us; whatever we do, we do together."

They thought about opening their own garage from their home, but they did not want to pass up on the opportunity. It was William's dream to have his own garage and despite not knowing anything about mechanics, Arlene was all for the adventure. "We do everything as a team. I learned a lot over the years about vehicles. We had one employee when we first started so I would help out in the garage too plus do the office work," mentioned Arlene. "At one point I was balancing tires, I would put my red apron on and go out in the shop."

When they first took over, Arlene

said that William noticed how much more comfortable women were with coming to the garage with her presence and they made it a point to develop a trusting relationship with their clientele.

"There was always this thing that women would be taken advantage of because they didn't know really what the mechanics were talking about," she explained. "We made it a point that when we find a problem with the vehicle, we take the clients in the garage bay, show them what the problem is, and explain to the clients, male or female, because there a lot of guys that don't know anything either, they just turn the key and drive. We like the idea that our clients are knowing what they are paying for; we're not just sitting in the office."

Arlene said that providing their clientele with those services and developing that relationship is what has allowed them to be successful over the years. "Our clients are not just clients. We don't know them by their vehicle, they are friends also. When Billy first started pumping gas, we have a couple of clients that are still with us."

They started out by doing general mechanics, then added in a wheel alignment lift and machine, electronic diagnostics, and now they are in the process of building a new team and hope to bring other skills to the table. "Right now, we have pretty much new staff and they're younger so it's kind of more dynamic," said Arlene. "They bring news skills and they are constantly training. We signed up for training courses for them."

Apart from their mechanical services, Ding's also wanted to serve the community in other ways, something that Arlene says makes them unique, and so they created a reading program at Knowlton Academy called Village

Reads, they donate to the children's fishing derby in Brome Lake every year, among other initiatives.

"We actually talked to clients that were high school teachers and they were worried about children coming to high school that didn't know how to read properly," explained Arlene. "We contacted the school and found there was a need for this because a lot of kids need that one-on-one, especially with both parents working, there's not as much time for family time. We found volunteers - a lot of them newly retired, and looking for something to do, and they were able to go in and create a bond with that child."

More recently they've been doing a fundraiser for the oncology department at the Brome-Missiquoi Perkins Hospital having donated over \$7,000, with an original goal of \$2,500, after Arlene was diagnosed

with cancer last year; a difficult time for the Mckellar' that they overcame together and with the community's support. "It's funny because I have clients that have bought new cars and we have tires in storage here and they tell me to sell the old tires and give the money to the oncology department," laughed Arlene.

Despite a rough and busy year, Arlene said that she and William don't plan on stopping anytime soon and are proud of how far they've come. "If it weren't for the loyal clients, we wouldn't be here for 25 years."

In honour of their 25th anniversary, anyone who goes to Ding's for a service in the month of March has a chance to win a \$250. gift certificate at a restaurant of their choice in Brome Lake.

The drawing will take place on March 31.

The Brome County News

local news every Tuesday




ONLY

\$58.00 a year
(taxes included)

Includes the Tuesday copy of The Record & the Brome County News

*Your Community... Your Family...
Your Interests... Your Home...
It's all a part of your local newspaper!*



450-242-1188 • 819-569-9528 | billing@sherbrookerecord.com

CLASSIFIED

Or mail your prepaid classified ads to
5-B Victoria St., Knowlton, Quebec JOE 1V0
The Record, 6 Mallory, Sherbrooke, Quebec J1M 2E2

100 Job Opportunities

100 Job Opportunities

140 Professional Services

140 Professional Services

140 Professional Services



JOB OFFER - STUDENT

Public Works Attendant

Under the supervision of the Director of the Public Works and Technical Services, the student will perform various tasks related to the public works of the municipality.

Full-time temporary position (40 hours/week) Monday to Friday, for a period of 16 weeks, beginning in May 2022.

You can consult the Town's website <https://lacbrome.ca/offres-demplois/> to view the complete job description and requirements for the position.

Please forward your resume to the following e-mail address: isabelle.rosa@lacbrome.ca the deadline for applying is April 8, 2022.

Masculine gender is used throughout these job offers solely for purposes of clarity and readability, and by no means with the intent to discriminate.



JOB OFFER

Municipality in the Montérégie, Town of Brome Lake is distinguished by its exceptional life environment and its bucolic surroundings. It offers a diverse range of services to its 6,000 residents to which it wants to ensure a high standard of quality in the management of its administration. In this context, Town of Brome Lake wishes to receive highly competent candidates, dynamic and recognized in their field, to fill the position of:

LABOURER - PARKS AND PUBLIC WORKS

TEMPORARY / FULL TIME

Under the supervision of the Director of Public Works and Technical Services, the incumbent will perform various tasks related to public works of the municipality.

You can consult the Town's website at <https://lacbrome.ca/offres-demplois/> to view the complete job description and requirements for the position.

Please submit your curriculum vitae with a cover letter by mail or email, mentioning "Labourer - Parks and infrastructure," to 122 ch. Lakeside, Lac-Brome, QC JOE 1V0 or isabelle.rosa@lacbrome.ca no later than April 8, 2022.

We thank all applicants; however, only prospective candidates will be contacted.

The masculine gender is used indiscriminately and only for the purpose of lightening the text.

Call 1-866-734-9425
or visit www.medicalert.ca



MedicAlert
Lets You Live Life.



R.B. FINANCIAL SERVICES
Serving the Townships for 45 years

- Income Tax returns for 2021 • Payroll Services
- Computerized Bookkeeping
- Year-end Business Statements (small business, farms & corporations)

Pick-up & Delivery

RALF BUSHENBAUM B. Comm.
Consultants, **JETHRO BUSHENBAUM & JAMIE MINES, CPA'S**
Tel. (450) 292-5835 / Fax: 292-3797 / E-mail: rb@xplornet.com

QCNA Blanket Classified Ads

FOR SALE English Quebec, and through classified ads French Quebec and every other Canadian province & territory. 819-893-6330.

QCNA offers a one-order, one-bill service to advertisers. Call us for details on reaching 6330.





BECOME A VOLUNTEER:
1-877-356-3226

MAKE A DONATION:
1-800-418-1111



Canadian Red Cross
Quebec Division

Diabetes The New EPIDEMIC





REACT NOW!



Information and donations:
(514) 259.3422
1.800.361.3504
www.diabete.qc.ca

Death



Wilson Birks McLEAN
1940 - 2022

After a heroic punch up with pancreatic cancer, Wilson Birks McLean of Montreal, and Knowlton Quebec, left us today, March 15, at the age of 81.

Willie, as his friends knew him, lived a life with few complications. His holy trinity consisted of family, friends, and golf, for which, he displayed considerable aptitude... with the possible exception of the golf. If you want to know more about Willie, you need only look up the word 'gentleman' in the dictionary. You'll likely find a picture of him there.

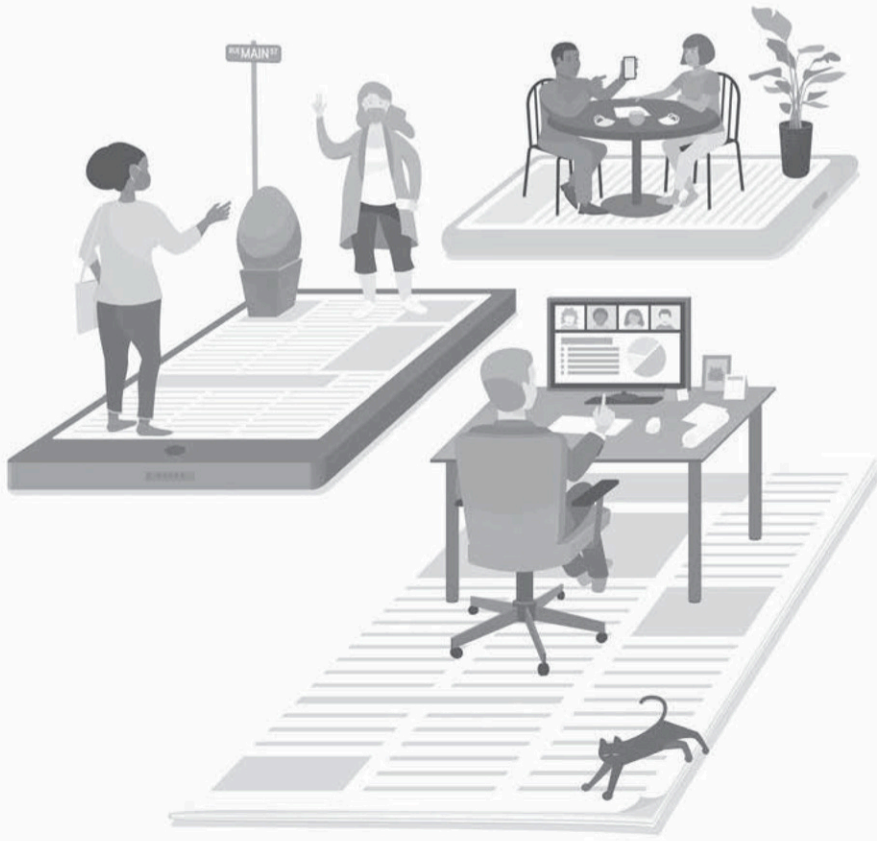
A funeral service will be held at St. Paul's Anglican Church, 24 rue Saint-Paul, Knowlton on Saturday, April 2 at 11 a.m. A virtual live stream will be available at the St-Paul's Church facebook page.

In lieu of flowers, feel free to make a donation to the Canadian Cancer Society.

Arrangement entrusted to the:


BROME-MISSISQUOI FUNERAL COMPLEX
402 River St., Cowansville
PHONE: 450-266-6061
www.complexebm.com

Great conversations don't start themselves.




From first dates to Main Street meet-ups to the last virtual call of the day. Turn to the local news to spark your next great conversation... 9 in 10 Canadians do.

Visit ChampionTheTruth.ca



News Media Canada
Médias d'Info Canada



CANADA'S NEWS MEDIA.
CHAMPION THE TRUTH.

Action photography



BEHIND THE LENS

DARREN MURPHY

Hands down, the most challenging thing for a wildlife photographer is photographing animals or birds in action. To become really good, you must combine all your skills which include camera knowledge, shooting technique, composition and finally approach. Action photography really falls into two

categories (predictable and unpredictable). When it's the first, you need to set a fast shutter speed and use the panning technique which is following the movement of the bird or animal. Personally, I set my camera to continuous shooting mode and fire off four or five frames to ensure you get the subject in the frame during peak action. Try and predetermine the point of exposure so you can achieve greater accuracy. Unpredictable action is a slightly different technique. The key here is speed. Faster shutter speeds

(normally over 1/500sec) and insanely fast accurate focusing will result in tack sharp images.

Every camera has an AF target sensor, you must trust this sensor is keeping up with what is happening with the subject. High speed continuous shooting will assist you in capturing all the important moments. Like most other photography techniques, it really is hit or miss. I've applied both these techniques only to find after shooting ten frames that the subject was neither centered or just out of focus. Here's where continuous practice really pays off. I found in the beginning it was extremely difficult to get really clear action pics. They were almost always a little out of focus. There's nothing more frustrating than spending hours using these methods only to find when post processing the pics are just not up to your standards. Overall, when the action presents itself as unpredictable, the challenge greatly increases. You will have only seconds to anticipate the shot and need to concentrate on what you're seeing through the viewfinder and know exactly when to press the button. Instinct here is the key. I've emphasized in previous articles the importance of researching and knowing your subject. When shooting Canada geese, when they begin to squawk and flap their wings, they are seconds away from taking flight. Here's when predictive focus kicks in. Focus on the bird, manually adjust your focus and imagine where the goose is headed. Fixate on that



DARREN MURPHY

particular location and ready yourself to begin shooting. Only time and practice will help you master this important technique.

The recent warm temperatures have resulted in many species of birds making their way back to our region. Eastern bluebirds, purple finches and more have been recent visitors to our feeders here in

Georgeville. It's the perfect time to start getting some great bird pics right in your own back yard. A trick I've used over the winter was to place a large fallen tree branch a few feet away

from one of our many feeding stations. The birds land on one of the many branches away from the feeder and it's a great opportunity to snap some shots. I seldom take pictures of birds on the feeders as I find shooting them on nearby trees or these set up branches appear more natural. For beginners, this type of backyard photography doesn't require thousands of dollars or high-end camera equipment. A good beginner's camera and a 200mm lens will suffice. It really is a great way of honing your skills as a nature photographer.

New daycare spaces welcomed by parents

By Taylor McClure
Special to Brome County News

CPE La Passerelle Des Mousses in Knowlton will have 30 new daycare spots opening up and according to the daycare's director, Alexandra Roy, they are expected to be made available by the end of January 2023. The new spots are a result of the provincial government's "Grand chantier pour les familles" action plan. The action plan, which has created 305 new daycare spots across Brome-Missisquoi, is the first re-evaluation of le réseau des services de garde éducatifs à l'enfance since its creation almost 25 years ago and will provide financial support to CPE La Passerelle Des Mousses to expand their space and accommodate more families in Brome Lake.

"There has been a space issue in daycares around Quebec so the government opened up 18,000 spots I believe. We made our request and they are allowing for 30 more spots in Knowlton," said Roy. "We have 70 children, but we can have a maximum 100 so we needed those 30 spots."

The 30 new spots will be made possible with expansions to the building. "The government will finance the expansion, but if we make more modifications we will have to pay with our own money," said Roy. "We will have 10 more spaces for babies and 20 others for children 18 months and up."

The expansion will require more staff and create new jobs. "For younger babies, the ratio is five babies for one educator. For older kids it's eight children for one educator and for four-year olds it's 10 children maximum," emphasized Roy. "Of course, with more spots we need more staff. The issue is that there are not a lot of people

available to work in a daycare, like most places, so we need to find staff. Hopefully it will be qualified staff, so they have their training classes and CEGEP, or at least staff we train ourselves to work in the daycare. So, it will create at least maybe four new jobs."

With a long waiting list that keeps on building, the new spots are desperately needed.

"We have a pretty long waiting list like most of the daycares, especially now since Covid we have a lot of people moving around," she said. "We have a lot of new families coming from Montreal to the area so we need more spots to respond to that demand. During Covid, there was not a lot of space available for families and a lot of parents could not go back to work because they didn't have spots for their kids, so it's really a problem right now."

Roy added that the expansion will also help vulnerable families. "We have partnerships with the CIUSSS so this help families that have other issues."

In terms of how the new spots will directly benefit the daycare, Roy said that they will be able to create a nice space for the children, they will be able to cover their fees, and it will benefit their partner daycare Centre de la Petite Enfance La Passerelle Des Mousses in Sutton in terms of staffing.

"In one way, it's going to give us more money so we will be able to hire extra support on the floor, for example maybe a specialized educator," explained Roy. "And because we have more spots, we have more money to buy more toys, to plan more activities with educators and the children, and to expand the yard outside."

Both Roy and the daycare educators are looking forward to the expansion and welcoming

new families with open arms. "I'm really glad that we can accommodate more families because I think we are really appreciated in the community and the staff as well," said Roy. "We will probably make some modifications inside too."

To sign up to CPE La Passerelle Des Mousses' waiting list, visit <https://www.laplace0-5.com>.



COURTESY OF MARIA ROYEA



THE RECORD Brome County NEWS

Jesse Bryant
Sales Manager

Let our readers know about your products & services

Tel.: 450-242-1188

Fax: 450-243-5155

email: jbryant@sherbrookerecord.com



What's behind the creative mind

Celebrating the arts in Brome-Missisquoi

Julie Denis

By Hannah Polinski

There's an irreplaceable magic of the natural world, one that combines the tranquility of being in open air with the beauty of brilliant colours and uncontrollable phenomena. Artist Julie Denis aims to capture this magic through her abstract paintings inspired by the colours, energies, and feelings she experiences when surrounding herself in nature.

Her recent collection Pursuit of Purpose centers the shifts towards prioritizing our mental well-being that has arisen out of the pandemic, as people began to realize how short life could be. Hues of ice-cold blue and warmer earth tones splash across her canvases, inspired by landscapes that Denis walks through in the forest near her home. For Denis, going into the woods is an opportunity to breathe deep in the fresh air, observing and listening to everything around her as the environment moves to its own pace.

"I want to immortalize [nature] through art because nature is part of us and we must connect with nature, if only for our mental health," Denis

explains.

Bringing the natural world to her Cowansville studio is a process informed by memory, as the artist takes mental pictures of what she sees and tries to recreate it based on the colours that stood out to her. Yet, her creative process begins from the moment she steps foot in nature, absorbing the colour and feelings in the landscapes around her as she internalizes them for later use. Once in the studio, she sometimes works with a specific idea in mind, but other times she sits in front of a blank canvas with a colour palette spread out in front of her, and begins to move spontaneously.

"When there is movement, there is life," she explains. "I like to begin with marks of pencil everywhere or in specific places on the canvas. It does not matter. What matters is to add movement and suddenly I can see something and finally the painting starts."

This sort of movement can be taken quite literally as well, as Denis confesses that she loves to dance while painting. The only time she sits down is to check on specific details, and can otherwise be found dancing to pop, house, hip-hop, and more as her creative energies flow

from body to canvas.

This movement and fluidity can be compared to the scenes she recreates, inspired by flowing rivers and the wind that whistles through the trees. Being able to surround herself in nature has been important for Denis since she was a young girl, spending summers at her grandparents' cottage in the Outaouais region.

"I liked being alone by the stream and just listening and watching. I sincerely believe that was the beginning of my adventure as an artist."

Given that most people live in cities, recreating nature through painting gives Denis the opportunity to bring people closer to the natural world from the comfort of their own homes. Forests, lakes, and mountains have always been places for Denis to process emotion, and by committing them to canvas she allows viewers a new connection to nature that they may miss by living in concrete jungles.

Denis' art will be part of several group exhibitions and art fairs in the coming months. Exact details will be posted on her Instagram (juliedenisart) and

Facebook (Julie Denis Artiste), as well as on her website www.juliedenisartiste.com, where you can learn more about her work.



This project has been made possible by the Community Media Strategic Support Fund offered jointly by the Official Language Minority Community Media Consortium and the Government of Canada.



NOW OPEN. Call for a visit!*



**SPACIOUS
2 & 3
BEDROOMS**

96 condo style apartments
PHASE 2
Book Now!

New!
Indoor golf simulator

- ✓ Bowling alley
- ✓ Indoor pool & spa
- ✓ Movie theatre, Billiards

- ✓ Meals served at the tables
- ✓ 24/7 security
- ✓ Mobile alert bracelets

- ✓ Cable TV, phone & Wi-fi included
- ✓ Housekeeping included
- ✓ Air conditioning and exchanger

450 263-1933 #304 • batisseurs.ca • 323, rue Principale, Cowansville