

Give your family peace of mind,
 Speak with one of
 our experts about
 Prearrangement options.

Cass
 Funeral Homes

819-564-1750 | casshomes.ca



Bridging the technology gap

Page 5

Mousquiri Atom Hockey Tournament

Page 7

THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

\$1.00 + TAXES

PM#0040007682

WEDNESDAY, MARCH 16, 2022

Immunoclip points out that 'distance makes a difference'

By Gordon Lambie

Louis Sansfaçon has been busy these last few days working to meet the growing demand for the immunoclip, a small symbol he has designed to attach to people's procedural masks to indicate a compromised immune system.

"My motivation is Émilie," Sansfaçon said, referring to his daughter, who died of colorectal cancer at 31 years old in the fall of 2020.

The clip, he said, was an idea that came to his daughter when they were walking to the parking lot after a chemotherapy session at Quebec's Hôtel-Dieu hospital during the early days of the pandemic and encountered a man who was not wearing a mask.

"Émilie said to me, 'he doesn't know that I'm fighting for my life,'" Sansfaçon recalled, explaining that she quickly came up with the idea of using the mask itself as a tool for communicating her condition to the world.

CONT'D ON PAGE 3

Quebec supports immigrant integration in Valcourt



COURTESY

Fredy Farini, a new employee at Valcourt 2030, Laura Parent, vice-president of Valcourt 2030, André Bachand, MP for Richmond and Kevin Bombardier, Executive Director of Valcourt 2030.

Record Staff

The organization Valcourt 2030 has been awarded \$245,000 in financial support to carry out local, regional or broader projects to promote better integration of

immigrants in the region.

Initiated in 2013 by a group of stakeholders from different backgrounds, Valcourt 2030's mission is to bring together people interested in the community, cultural, economic and social development of the Town

of Valcourt and the Township of Valcourt, in order to make the region a welcoming and dynamic environment of innovation, turned towards the future, which values its families, youth and seniors.

CONT'D ON PAGE 3

THE RECORD

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.

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

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 free 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.

- 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:
A MIX OF SUN
AND CLOUDS

HIGH 7
LOW 2



THURSDAY:
A MIX OF SUN
AND CLOUDS

HIGH 15
LOW 4



FRIDAY:
CLOUDY

HIGH 11
LOW 1



SATURDAY:
MIXED
PRECIPITATION

HIGH 6
LOW 1



SUNDAY:
MIXED
PRECIPITATION

HIGH 3
LOW -2

HAND IN HAND

Funding Education for Young Women – a cornerstone of CFUW Sherbrooke & District



Ensuring that all girls and young women receive a quality education as their human right has been a priority for CFUW Sherbrooke & District since its founding in 1968. Within its Advocacy mandate, CFUW clubs across Canada seek to strengthen equitable access to education on a national and global level by advocating for the removal of social, economic, and political barriers to education for all people. Last year, all the clubs and CFUW's Charitable Trust provided more than \$1.4 million in scholarships and bursaries to girls and women who wish to pursue post-secondary studies. The need has never been greater as more students are working part-time work to pay for their education; student debt loads have increased, particularly for those with low- and middle-income backgrounds, and high levels of debt discourage individuals from starting families, purchasing homes, and pursuing lower paying community service jobs after graduation.

Up until the establishment of

the Lampe Foundation in 1993, the charitable foundation of the CFUW Sherbrooke & District, the club has always supported education and began in 1975 to provide a handful of awards from funds it saved from their teas, events, and any annual excess monies. Today, the Lampe Foundation provides more than \$44,000 in scholarships and bursaries at all levels of education – High School, Vocational School, CEGEP, and university.

Each of the recipients of the Lampe Foundation Scholarship Program has a personal story to tell, a story that always includes courage, focus and the determination to succeed. Here are some of our recent scholarship holders and where they are making a meaningful impact in our local society:

Marie Soleil Larouche is a nurse at Stanstead College where she now works on campus with a team of professionals in the student health centre. Her goal of being involved in her community is also being achieved. Marie is now on the Board of Directors

of the Waterville Community and Cultural Centre where she serves on the Foundation Committee.

Daphnée Carrier is currently studying at the master's degree level in health science research at the University of Sherbrooke. Her master's abstract has been accepted for an oral presentation at the Canadian Association for Health Services and Policy Research Conference 2022 in May. She will be recognizing the Lampe Foundation and CFUW Sherbrooke & District for their support during her studies.

Annie Gagné began her residency in Family Medicine in Sherbrooke on July 1, 2021.

Caroline Fauteux received her Nurse Practitioner designation from Université de Sherbrooke in May 2019 and is now working at the CLSC on Camirand Street in Sherbrooke. Caroline is the first Nurse Practitioner in Quebec to work with individuals in a program called Opioid Replacement Therapy.

Jessica Everett - is teaching grades 5-6 at Pope Memorial

Jenny Davis – is working as an LPN at the CLSC Deux Rives on King St. Est in Sherbrooke. She does triage and performs minor surgeries and personal clinics.

For more information on the work of the CFUW Sherbrooke & District, visit <https://cfuwsherbrooke.wordpress.com/> or check out the Facebook page: Canadian Federation of University Women - Sherbrooke&District



GlobalExcel is proud to support local organizations that enrich our shared community.

Doing business around the world, proudly established in the Eastern Townships.

Ben by Daniel Shelton



Local News

Like Sansfaçon and his daughter, Patrick noted that people who are immunocompromised, many of whom are seniors, have been more or less cut off from society during the pandemic through no fault of their own.

Hockey Estrie investigates attack on 15-year-old referee

By Michael Boriero

An under-18 hockey game between the Sherbrooke Phoenix and the Dynamik de Coaticook was derailed on Sunday afternoon after a player jumped a 15-year-old linesman.

The young referee was escorting a Sherbrooke player off the ice following his ejection from the game when the incident happened. The player originally went to his team's bench before the linesman stepped in to guide him towards the rink exit. The situation quickly escalated.

According to Hockey Estrie Head Referee Jean-François Lapointe, the

player has been suspended for the remainder of the regular season – a minimum suspension of eight games. However, pending an investigation, he noted there could be more on the way for the offender.

Lapointe told The Record that the linesman took a few shots to the head, but he's fine and didn't suffer any major injuries. He also spoke to the parents of the 15-year-old. They told him that their son is in the process of deciding whether or not he wants to continue as a referee.

"Well, I know normally he was scheduled to referee a game or two on Thursday, but his parents are going to let him make the decision to referee

those games or if he's going to look for a replacement," Lapointe said in a phone interview Tuesday.

The last time a player attacked a referee in the league he was suspended for over a year, he explained, adding that he can't speak on the player's past behaviour that might impact the region's disciplinary committee. He also couldn't share any more details on the referee's file.

"There is a file under investigation by the disciplinary committee, so I'm going to let them do their job," said Lapointe, sharing that while the incident occurred in the Ligue Hockey Orford St-François, any incidents between a player and a

referee go up the ladder to Hockey Estrie.

Coaticook Minor Hockey Association President Philippe Laprise said he was shocked when he saw the attack in a video after the game. He noted that while the linesman wasn't injured, there could be a psychological impact, and he wants to support him in any way possible.

"For my part, and I've been the president for minor hockey for three years, I've never seen an aggression like we saw in this video that happened over the weekend," Laprise said, adding parents and players have become more aggressive towards referees in recent years.

Immunoclip

CONT'D FROM PAGE 1

"She came up with the concept and then said to me, 'now you go invent something,'" he added with a laugh.

That task having been set, Sansfaçon said that he then took to the internet for inspiration.

"This would need to be something known and recognized to work," he said, explaining that he looked to famous trademarks and logos for ideas about what would be memorable and found one unifying detail. "The most well-known logos in the world all keep it simple."

So, in his daughter's hospital room one day, Sansfaçon sketched up a simple letter i (for immunocompromised) using an orange pencil he had nearby.

"It's like a little person," he said, describing the i as a universal figure, someone who is without sex or nationality or language. "It is everyone."

The orange was eventually changed to be the same shade of red as the red cross at Émilie's suggestion, to underline the seriousness of the clip's message.

Sansfaçon said that his daughter only lived ten months from the time of her diagnosis to the end of her life, but now he is working to make sure that the project they came up with together can make a difference for others.

"If you meet someone wearing the clip, this is a reminder to respect their bubble," he said, sharing that he feels the project's slogan, 'distance

makes a difference,' is that much more important as governments move towards removing the COVID-19 masking mandates that have had unexpected added benefits for people with weakened immune systems.

Lennoxville resident Wendy Patrick said that she ordered several of the clips for people that she knows as soon as she heard about them.

"It just seems to me like it's a really good idea," Patrick said, emphasizing that she doesn't have any kind of official connection to the project, but simply wanted to help spread the word about a helpful initiative.

Like Sansfaçon and his daughter, Patrick noted that people who are immunocompromised, many of whom are seniors, have been more or less cut off from society during the pandemic through no fault of their own. Without any outward sign of their condition, however, these individuals are left to either constantly explain their situation to others or else be totally reliant on others for anything out of the house.

"There are all kinds of reasons why a person's immune system could be weakened, and many don't realize the implications," she said.

"(Respecting the clip) is a gesture of compassion," Sansfaçon said, sharing that although he has received some commentary since launching the project that people with weakened immune systems should 'just stay home,' he believes the majority of people have the empathy to understand



Louis Sansfaçon with an image of the immunoclip logo

that this is not always possible. "There will always be imbeciles (...) but behind our masks we are all humans," he said.

Between the time he first went public with the project in late January and the beginning of this week, the clip's creator said that he received 4,400 orders. From Sunday to Tuesday of this week, however, he said that number has more than doubled.

"I find it incredible," he said, sharing that he is now receiving requests at a rate of about five per minute, and from all over the world.

The initial batch of immunoclips was made by Sansfaçon and a friend in his basement, but as he has gone public with the project and connected with different groups to help spread the word, he has outsourced the manufacturing to students at the Cégep de Limoilou.

"What I want is for this project to be very Quebecois," he said, explaining



PHOTOS COURTESY OF LOUIS SANSEFAÇON
The clip as it appears on a mask

that even though it makes the cost higher, he doesn't want to see the production shipped overseas.

Sansfaçon has partnered with groups like the Fondation du CHU de Québec and the Quebec Cancer Foundation to help with the distribution of the new communication tool, and he said that he wants to see the funds raised from the sales go towards improving conditions in the province's palliative care facilities.

"The room Emilie died in was not nice," he said, arguing that everyone deserves to spend their final days in as much comfort as possible. "I want this to become a movement."

Sansfaçon said that he does not yet have any partners directly in the Eastern Townships, although the clips can be ordered across the province through the Quebec Cancer Foundation at <https://fqc.qc.ca/en> under the "get involved" and "buy for the cause" headings.

Immigrant integration

CONT'D FROM PAGE 1

The funding is part of an envelope granted by the government under the Community Support Program totaling over \$23 million. The funds will be used to support 85 projects over a three-year period in all regions of Quebec.

"Immigration contributes to the

economic and social vitality of Quebec," commented Jean Boulet, Minister of Labour, Employment and Social Solidarity, Minister of Immigration, Francisation and Integration in a press release regarding the announcement. "This is particularly true in the current context of labour shortages. Immigrant families who choose to settle in our

regions also help enrich our social fabric," Boulet said.

Richmond MP André Bachand congratulated Valcourt 2030 for its work, which he said is essential to the successful integration of immigrants who settle in Richmond riding. He added that immigrant families are a great asset to the community, bringing

their culture and talent.

By working together in the community to encourage forward thinking practices and promote opportunities for exchange and coming together, Bachand said, "we are contributing to making our community more inclusive and building a society open to diversity."

KEEPING IN TOUCH

Painting for Purpose – Bringing the Community Together Through Art

By Michelle Lepitre

It's been a long, cold winter for many people. With the continuing pandemic, and the snow and cold outside, it's been much easier for most of us to stay at home rather than look for ways to get outside and get together with others. This social distancing (which can easily spark feelings of isolation) has certainly done its part to help keep us safe from the virus, but it's also had a huge impact on many of our social connections and, consequently, on our mental health. Decades of research exist to prove the connection between social activity and well-being, and many of us are starting to realize how important it is for us to begin to find ways to reconnect with other people in person, slowly and safely. With spring around the corner, and restrictions starting to loosen, maybe you are one of those people who is feeling ready to start getting out there and re-connecting with others... if so, the Painting for Purpose workshops may be just the thing for you!

Since April of 2021, seven students from the Université de Sherbrooke's medical faculty have been working with the agents from our Partners for Health and Social Services Network to design a special art activity that is meant to help bring our community back together after so many months apart.

When they began their project, the students were asked to plan a series of workshops to help community members break out of the isolation they have been experiencing during

the pandemic in a positive and fun way. They chose to use art as the tool for accomplishing this goal, and they have been working with local artist Debra Mosher Roy for a few months now to design an intergenerational painting activity that will be sure to please participants of all ages.

For this activity, they have invited students from Alexander Galt's art program to work with community members for an afternoon of painting led by Debra. For the occasion, Debra has created a beautiful spring painting that will certainly help to lift people's spirits in these final weeks of winter! For each of the two afternoon activities, a student will be paired with a community member, and they will be invited to spend the afternoon helping each other to create their works of art and reflecting on happy memories from the past.

When asked about the workshops, Debra said that it is the process that is most important for this kind of shared art activity – having a perfect painting at the end of the day is not the goal. "My hope" she told us, "is that people will enjoy the experience and not be concerned with the results. The good memories and the relationships that are made through this activity will be the actual pieces of art. The painting project will be only a tool to make those things happen."

To learn more about the "Painting for Purpose" activities that will be held in Lennoxville on the afternoons of March 21 and 23, watch the Townships Crier and What's On listings in the coming week or contact Vanessa: va@



COURTESY OF TOWNSHIPPERS' ASSOCIATION

The Painting for Purpose workshops will offer community members a wonderful opportunity to reconnect with each other and create their own beautiful pieces of art. They will be led by local artist Debra Mosher Roy, pictured here hosting a Mindful Colouring workshop in 2018.

townshippers.org.

Townshippers' Association would like to thank Alexandre Nguyen, Emily Teav, Jenna Santagata, Mihai Nica, Samy-Yanis Amer-Youcef, Thomas Roof, and Tasnim Tabassum, the students from the Université de Sherbrooke's medical faculty who designed this project. We also extend our thanks to their professor, Sarah Vachon; to Debra Mosher-Roy, our expert artist; and to Nancy Blampied, an art teacher from Alexander Galt, and her students, for their involvement in this project.

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
Twitter @Townshippers

In person

3355 College St., Sherbrooke
3-584 Knowlton Rd., Lac-Brome

By phone

819-566-5717
450-242-4421

More efforts to give farmers a fair return

UPA pushes for code of conduct while forestry union seeks quota system



FARM NEWS REVIEW

SCOTT STEVENSON

Local Journalism Initiative

A code of conduct between food retailers and suppliers may be in the works as farmers and other producers get squeezed between increasing costs and consumer prices.

Quebec farm union president Martin Caron took up the cause in his most recent editorial and in lobbying federal Agriculture Minister Marie-Claude Bibeau.

"By refusing to transfer to consumers part of the increase [in production costs], large retailers force less profitability on all other members of the food chain, who are required to absorb it," he wrote in the March 2 *Terre de Chez Nous*.

On March 9, the farm weekly reported that recommendations are due at the end of the month from a committee chaired by federal Minister Bibeau and her Quebec counterpart André Lamontagne to govern relations between retailers and suppliers.

Quebec's forestry union complained about the same squeeze in the past year, with increased lumber prices not filtering down to loggers.

The problem is that what we pay at the store isn't always consistent with what's paid to farm or forestry producers. Food prices are up considerably but not always as much as the cost of fuel, feed, and other farm expenses. Producers are pressing for a fair way to better align their costs with retail prices.

The forestry union's solution is supply management, or quotas and collective purchase agreements, to give producers a stronger position

in determining prices. The code of conduct being promoted by the Union des Producteurs Agricoles (UPA) would presumably add another layer of protection where supply management is already in place, such as in Quebec's dairy, poultry, and maple syrup sectors.

As forms of government protection, these aren't the kinds of programs and policy promoted at recent protests and occupations across Canada nor will they be by some Conservative leadership candidates. Quite the opposite.

But the Quebec farm press gave little attention to that movement, now eclipsed by a war and tragedy in Ukraine that make Ottawa protesters' complaints look petty.

Prior to the war, a *Terre de Chez Nous* article decried the actions of a Quebec poultry union member who posted a photo of himself giving the finger to the authorities that be, in conjunction with the Ottawa occupation.

Instead, the farm weekly is now giving more space to war overseas, reporting in the last issue, among other related items, about the minute of silence observed for Ukrainian farmers at the Canadian Federation of Agriculture annual general meeting

(AGM) on March 2.

In Quebec's farm culture, the interest is in mutual support and collective rights more than in laissez-faire capitalism, competition, and individual freedoms.

It shows in the efforts to give farmers a fair return, in consumer and environmental protections, and in much of the dialogue around agriculture.

UPA president Martin Caron expressed it at the Canadian Federation AGM earlier this month in his empathy for colleagues in Ukraine.

"You would be there getting up in the morning and seeing missiles and assault vehicles going by and you have to milk the cows or take care of the animals. It must be hell what Ukrainian farmers are living right now. They must also be wondering if their land is about to be taken away from them. We stand with them. (On est solidaires avec eux.)"

Scott Stevenson farms and writes at his home in Newport, Quebec. He reports on individual Townships' farmers biweekly for Brome County News and reviews the farm news biweekly for the Record.

What's in your medicine cabinet?



DIAN COHEN

In the next week or so, Finance Minister Chrystia Freeland will tell us when she will present the federal budget. The budget is a watershed moment because it will highlight how Canada's debt will be reduced, when the country will return to fiscal balance, what taxes will be raised and what priorities the feds have for spending our tax dollars.

There's a lot of "big picture" stuff to think about – a country's fiscal balance affects its creditworthiness in the global community as well as at home and therefore affects what governments can or cannot pay for.

Remember the promise to implement

national universal pharmacare? Last year's budget acknowledged that "the case for universal pharmacare is well-established." Canada is the only country in the world to offer universal healthcare without pharmacare. Drugs are the second-biggest expenditure in healthcare after hospitals – we spend something like \$34 billion a year on prescription drugs. Estimates are that we spend 50 per cent more than countries that have universal pharmacare.

COVID has put new healthcare priorities on the back burner, although the feds did create a Canadian Drug Agency Transition Office to look into universal pharmacare. There's been some progress in reducing drug costs – the Pan-Canadian Pharmaceutical Alliance has used its combined bargaining power for years to negotiate lower drug prices. About eight months ago, the feds and Prince Edward Island agreed to a demonstration project to enable PEI to expand its list of covered drugs (provincial formulary) and improve the affordability of its public drug plans. Whatever they learn over the next four years will inform future decisions on the implementation of national pharmacare. Still, with all the

money COVID has sucked up and the price tag for pharmacare – between \$15 and \$20 billion a year – suggests it won't happen soon.

But consider this. The expiration date on a drug is usually one to five years after it was manufactured. The only significance of the date is when it was manufactured. Neither the American Food and Drug Administration nor Health Canada requires pharmaceutical makers to test how long the active ingredients in their products will last.

In 1986, the US Air Force, hoping to save on replacement costs, asked the FDA if certain drugs' expiration dates could be extended. In response, the FDA and Defense Department created the Shelf Life Extension Program. Every year, for the last 35 years, drugs in the Air Force stockpile that are about to "expire" are tested for safety and potency. The program has found that the actual shelf life of many drugs is well beyond the original expiration dates – some were good as much as 20 years after their stated expiry date!

According to research published in the Journal of Pharmaceutical Sciences, most drugs tested had their expiration dates extended by more than four years.

The research team of another analysis published online by Archives of Internal Medicine concluded that, "... this study provides additional evidence that many prescription pharmaceuticals retain their full potency for decades beyond their manufacturer-ascribed expiration dates. Given the potential cost-savings, we suggest the current practices of drug expiration dating be reconsidered."

Health Canada is aware of all this, but it doesn't participate in the American Shelf Life Extension Program, and it only extends the shelf life of drugs under extreme circumstances, for example, if they are in very short supply.

Why? If the drugs are safe and their potency is intact years and even decades after what now appears to be a bogus expiry date, why wouldn't our government actively embark on changing current practices in order to save potentially millions of dollars? This is an easy win-win for all of us. It's something to talk to your political representative about – again and again. It could shorten the wait for a less costly universal pharmacare.

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

Funding to bridge the technology gap in community service sector

By Geoff Agombar
Local Journalism Initiative

The Quebec government has announced \$5.4 million to fund a three-year project called DATAide. The Centraides of Quebec will partner with Open North to deliver skills and leadership training for 3,000 community agencies that fight poverty and social exclusion in Quebec.

Of this total, \$3.6 million is earmarked for grants to participating agencies to support implementation and tech acquisition. As they advance through the program, organizations will be eligible for increasing tiers of support from \$5,000 to \$15,000, then \$50,000.

"The community sector significantly lags other areas when it comes to technology," says Claude Pinard, Centraide of Greater Montreal executive director. "Nearly 30 per cent of community agencies in Greater Montreal were significantly behind on their use of technology even before the health crisis."

"It is great to train people on data literacy, but if they don't have the proper equipment or support afterwards, what can you actually do?" says Maria Tomovic deputy director of program delivery for Open North. "The way this program is designed, it's not just training but also grants. This is very significant."

Open North is currently conducting a needs assessment. "What's important? What's urgent and what's not? Centraide and all of the different chapters, they're reaching out to various community organizations," says Tomovic.

"How can we help people with their

current needs, as opposed to having them adapt to a fixed training program. We're trying to be very flexible about it, and agile as well," Tomovic adds.

Online course materials will be published under creative commons licensing, so organizations can adapt and repurpose them as needed. "One training session might last two weeks. The first week, you do the training by yourself online and repeat that as many times as needed. Then we've got personalized training with an actual teacher, two cohorts per year," Tomovic explains.

A typical training session is likely online with small groups, according to Tomovic. This skills training would be further supported by select annual leadership training, plus networking and a community practice focused on sharing best practices, tools and know-how.

"People working at NGOs, they have no extra time. So, what's the value-added for someone to put in even more time when they're already drowning?" asks Tomovic. "You're not just going to do a couple of online modules and then we wish you good luck. The idea is to have personalized support and advisory services, and connect the various NGOs together to share tools and best practices, then to support implementation afterward with the grants."

"It's not just technology. Culture is just as important as technology," Tomovic adds.

Across Quebec, 11 Centraides raise and invest money to address poverty and social exclusion in their regions. Together, they support approximately 1,500 community agencies and projects

serving over one million vulnerable people across the province. Quebec's Centraides are part of United Way Centraide Canada, which includes 77 Centraides and United Ways across the country.

Open North is a not-for-profit that works with public, private, and community partners to foster the effective, responsible and collaborative use of data and technology. Founded in 2011, the organization has expertise in

smart cities, data-sharing partnerships, digital inclusion, and data governance and management.

At www.centraide-mtl.org/dataide, program targets are listed as 3,000 community organizations educated, more than 180 organizations trained, 60 community leaders accompanied in a digital project, and 500 grants distributed for digital transformation projects and the purchase of equipment and licenses.

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!

EDITORIAL

If Putin really wanted to learn a lesson from Ukrainian and Russian experiences of the Second World War, he could have taken this one to heart: innocent civilians die when invaders attack cities, and those invaders will be correctly blamed and demonized by the population.

Why Russian attacks on innocent Ukrainian citizens will probably intensify

By Maris Rowe-McCulloch
Assistant Professor of Modern
European History, University of
Regina

In 1942, a citizen of the southern Soviet Union city of Rostov-on-Don recalled its bombardment, documented in the book *Rostov Under the Shadow of the Swastika* by Vladislav Vyacheslavovich Smirnov:

“Bombs fell in the region of the city garden into a crowd of people. There were many corpses. They took the bloody jumble away on carts. It was difficult to watch! What was the target of such a bombing? It is difficult to say. There were not any kind of important war objects nearby. Maybe it was to intimidate people.”

This insight, generated during the Second World War as Rostov-on-Don was under attack by the German military, has come to mind while reading accounts of the ongoing war in Ukraine. As this citizen learned first-hand, foreign invaders attempting to capture a city put innocent civilians in particular danger by attacking the buildings where they congregate and go about their lives.

Today, we’re watching aerial attacks on Ukrainian cities hitting ambulances and medical facilities, university buildings, apartment complexes and civilian evacuation checkpoints.

In cities throughout Ukraine, as residential streets and the central squares are bombed, inhabitants have been forced into shelters.

During the Second World War, the city of Kharkiv was the site of multiple separate battles over three years that raged around civilians. Soviet physicist Mark Azbel, who was born in Kharkiv, described returning to the city as a teenager in 1944, saying:

“Imagine: walking down any once-familiar street you see on either side almost no buildings at all; nothing but rubble.”

Many Ukrainians no longer have to imagine, just as their grandparents and great-grandparents did not have to.

Cities often bombed indiscriminately

We don’t need to look as far back as the Second World War to see the danger civilians face when their city is under attack. During the war in Syria – in which the Russian air force participated – the 2016 battle for Aleppo involved mass aerial bombardment of civilian targets like hospitals.

Within Europe, during the wars following the break-up of Yugoslavia in the 1990s, civilians in the Bosnian cities of Sarajevo, Tuzla and Gorazde were shelled.

Putin has repeatedly hearkened back to the Second World War, claiming Russian troops are in Ukraine to “de-Nazify” and liberate the country, presumably for the benefit of Ukrainians. Many have already pointed out how ludicrous that argument is.

And ironically, the Russian army’s tactics are similar to the German invaders of the U.S.S.R. during the Second World War, not the Soviet defenders. It’s Russian forces creating civilian terror on a scale not seen in eastern Europe since the 1940s, under the auspices of taking up the mantle of the Soviet fight against Nazism.

If Putin really wanted to learn a lesson from Ukrainian and Russian experiences of the Second World War, he could have taken this one to heart: innocent civilians die when invaders attack cities, and those invaders will be correctly blamed and demonized by the population.



AP PHOTO/EVGENIY MALOLETKA, FILE

Ukrainian emergency employees and volunteers carry an injured pregnant woman from the damaged by shelling maternity hospital in Mariupol, Ukraine, March 9, 2022. The Russian airstrike on a children’s and maternity hospital in the Ukrainian port city of Mariupol is the latest in a series of attacks that has gutted apartment blocks and killed people in their homes or simply going about their business.

Shifting troop behaviour

Civilian experiences are also affected by how protracted an invasion becomes.

My own forthcoming research into violence against Soviet civilians during the Second World War has revealed that when enemy troops arrive and depart – periods of invasion and retreat – danger is heightened for civilians because that’s when indiscriminate violence is most likely.

Military behaviour shifts, often becoming increasingly restrained, when troops feel securely in control of a city. With this in mind, it doesn’t bode well for civilians that invading Russian troops are moving more slowly than they expected and find themselves involved in drawn-out engagements with a resilient Ukrainian military.

Evidence, including a prematurely published Russian-language news article from Feb. 26 celebrating a rapid Russian victory, suggests the invaders didn’t anticipate facing so much resistance. During the Second World War, increasing German military frustration – brought on by unexpectedly fierce Soviet military responses – resulted in rising civilian casualties during invasions.

Today in Ukraine, now in the midst of a full-scale war, escape also becomes increasingly difficult for non-combatants. Almost three million have already been forced to flee, but evacuations are increasingly complicated in many cities under

heavy Russian attack.

Temporary corridors for civilian retreat were negotiated during talks between Ukrainian and Russian officials on March 3.

But southeastern Ukrainian cities like Mariupol have been unable to evacuate their residents, or even gain access to much-needed food and medicine, because the promised Russian ceasefire has not materialized.

No pause in attacks

The apparent unwillingness of Russian troops on the ground to pause their attacks suggests avoiding civilian casualties is not, in practice, a high priority. In recent days, evacuation from the city of Sumy has become possible, but residents of multiple other cities, including Mariupol, remain trapped.

On March 9, a maternity hospital in the city was hit by an airstrike, ultimately killing the pregnant woman at the centre of an iconic photo of the carnage.

Looking at past experiences of warfare reinforces the urgency of creating and maintaining options for civilian evacuation wherever possible. But those experiences also suggest civilians are increasingly likely to bear the brunt of the growing frustration of Russian troops as the conflict stretches on.

The longer this war lasts, the greater danger civilians specifically may face, particularly residents of those cities besieged by Russian invaders.

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

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

KNOWLTON OFFICE
5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
TEL: (450) 242-1188 FAX: (450) 243-5155

Local Sports

"It will be like a booster for them, especially for the young ones because it was rough for the last two years."

Richmond's annual hockey tournament temporarily transformed into one day event

By Michael Boriero

Although the Mousquiri Atom National Hockey Tournament in Richmond was cancelled again in February, hockey players who missed out on the annual event over the past two years will have a chance to participate in Mousquiri Day on April 2.

According to Guy Marchand, a longtime tournament volunteer, the town wanted to give kids an opportunity to experience the event's atmosphere. He told The Record that this is the first crop of players from that age group to miss out on the tournament since its creation 57 years ago.

"They didn't experience it in two years, and well, that generation will be the first generation in 57 years from Richmond that never played in the tournament. We didn't have a choice because we had to comply with government measures," said Marchand in a phone interview.

In a normal year, not one affected by pandemic restrictions, Richmond would welcome roughly 50 teams from all over Quebec, Ontario and parts of the United States. Mousquiri Day, however, will focus on Richmond and Windsor hockey teams in atom a, b, and c.

"There will be three games and after that there will be free skating for all of the population from about 5 p.m. to 6:30 p.m. and the mascot will be there. It's free admission all day for everybody and maybe after we'll have a folk singer or something like that," Marchand said.

He acknowledged that it won't have

the same energy as the tournament, which runs for nearly two weeks at the beginning of February, but event organizers are trying to make it as authentic as possible. Marchand said there will be prizes, and player introductions prior to each game.

And while the two-week long tournament typically requires close to 150 volunteers, Marchand said that they only need a handful of bodies to supervise the event this time around. It pales in comparison to the amount of work the organizing committee puts in during the real event.

"No, we have our committee, they'll call their volunteers. During that day we won't need that much because it's just going to be an afternoon. Usually it's 13 days, our tournament, which is hard and we need a lot of volunteers, but just for the day we need a small amount," he said.

It might not be the same as the actual tournament, but Marchand noted that everyone involved is excited to see each other at the arena. It's a little reunion, and it's such an important event for Richmond residents, he explained, adding it's the oldest atom tournament in Quebec.

At this point, Marchand and the rest of the population have been waiting patiently to celebrate the tournament's 58th anniversary. It was supposed to happen in 2021. Marchand said the committee members have their eyes set on 2023. They plan to get to work after April 2.

He noted that the hope is people haven't forgotten about the event. Mousquiri Day, while for the kids,



COURTESY

is also a reminder to everyone in the region that the tournament is alive and well, he told The Record. Marchand has his fingers crossed that Covid won't be a problem next year.

However, he also said that there could be an issue with volunteers. As a tournament diehard, Marchand has never wavered in his support for the event. But he said many people will likely still be nervous about COVID-19. They'll need to promote and find more hands on deck.

"Probably, because we have a lot of older volunteers. I don't know if they will be scared next year because we don't know what's going to happen, if there's another variant of Covid or the

flu. It's hard for us but we'll have to work on getting younger volunteers," said Marchand.

But that's a problem for another day. The tournament has a long and successful history in the province. And it has drawn in numerous future National Hockey League players. Marchand believes that at least having one day will be a major morale boost for local hockey players.

"It will be like a booster for them, especially for the young ones because it was rough for the last two years. They didn't play a lot of games and they didn't play a lot of tournaments, so it will be nice for people to be in a crowd and cheering for them. They need that," said Marchand.

Rugby Canada names Kevin Rouet women's head coach ahead of Rugby World Cup

By Neil Davidson
The Canadian Press

Sandro Fiorino is out as head coach of the Canadian women's rugby team, replaced by assistant coach Kevin Rouet.

The move comes less than seven months before Canada, currently ranked fourth in the world, is scheduled to begin play at the Women's Rugby World Cup in New Zealand.

Fiorino, whom Rugby Canada described as a "valued" employee, will leave at the end of the month after 11 years with the organization, including four in charge of the women's 15s team.

"This departure aligns with the conclusion of the season for the Rugby Canada Development Academy in

Ontario where he serves as lead, which Rugby Canada has made the difficult decision to discontinue following a reduction in funding," Rugby Canada said in a statement Tuesday.

Rugby Canada says it will continue to operate both the centralized sevens program and the Maple Leaf Academy program in Langford to help develop women's talent.

Fiorino was named interim women's coach in November 2017 when Francois Ratier left to become head coach of Rugby Canada's national 15s academy.

Fiorino's job was made permanent in May 2018. He retained his head coaching responsibilities with the Canada Sevens Academy, charged with identifying and nurturing next-generation talent.

Fiorino had also served as assistant

coach with the women's sevens squad, helping then-head coach John Tait and the team win a bronze medal at the 2016 Rio Olympics. He also served as head coach of the women's under-20 side.

Rouet spent the last four years as an assistant coach under Fiorino. He also serves as head coach of the Laval University women's team, leading it to the U-Sports Championship in 2019 and bronze medal in 2021. He has also coached Rugby Quebec's provincial women's program and served as an assistant coach at Stade Bordelais, a French pro club.

Rouet's contract takes him through the Rugby World Cup, originally scheduled for last year but delayed until this October due to the pandemic.

"We have the quality to achieve a podium finish at the Rugby World

Cup and that will be our primary aim as our preparations continue over the coming months," Rouet said in a statement.

"Rugby is growing in popularity across Canada, especially among young women and girls," he added. "This program is a beacon of inspiration to that next generation of players and we know a strong performance in New Zealand will encourage more Canadians to try our great sport."

Rugby Canada said Rouet will be assisted by regional coaches for upcoming training camps before finalizing his staff in early April.

The Canadian women are expected to play to six test matches prior to departure for the Rugby World Cup with opponents and venues to be announced later.

Death

Death

In Memoriam



Sheila F. WARD

February 16, 1956 - March 13, 2022

It is with great sadness that our family announces the passing of Sheila (66) from health complications with family by her side on March 13, 2022, in Quebec.

Sheila will be dearly missed by husband Glenn Ward, son Steven Barnes (Melissa Cook, Brandi and Austin Cook), grandchildren Charlie Barnes and Alexander Barnes (Taylor McLean Barnes), niece Ashley Dunn (Jordan, Annabella Centeno).

Treasured by brothers David (Judy) Crawford, Dale (Linda) Crawford, Johnny (Nancy) Crawford, sisters Claire (John) Heegsma, Phyllis (Kenny) Jasper, and Lisa Crawford, sister and lifelong friend. Sadly missed by many nieces, nephews, cousins and friends.

Sheila was born in Cowansville, Quebec, to the late Charlie and Vera Crawford. Devoted wife and friend of 36 years to Glenn Ward. Proud and honoured mother of her son Steven Barnes, granddaughter Charlie Barnes, grandson Alexander Barnes.

Sheila was an empowered and passionate woman of business for Group 3 Screen Print for 40+ years.

She loved spending time with family and friends, always up for a visit and good time. She was a proud Aylmer Legion member for 30+ years. There are many fond memories and stories had by all who met her. She left a lasting impression on anybody that knew her.

She will forever be in our hearts and deeply missed.

Cremation has taken place and a celebration of life will be held by the family at a later date.



FRASER, Malcolm (Mac) – We cherish wonderful memories of our beloved brother and uncle who left us two years ago on March 16, 2020.

Sisters and brothers hold each other's hands for a little while,

But they hold each other's hearts forever.

Sadly missed by

THE FRASERS

FRASER: August 25, 1941 - March 16, 2020. In fond memory of my dear cousin, Malcolm Fraser, who went to his eternal rest (a well-deserved rest) March 16, 2020.

Often in my thoughts

And dearly missed.

THEDA



Do Just One Thing



By Danny Seo

Sure, they may be convenient, but pre-moistened single-use cleaning wipes are a terrible option for the environment. The paperlike wipes are actually made with plastic microfibers, which can take more than a century to break down and biodegrade. Worse, many people flush them down the toilet, where they clump together in sewers and create giant clusters of wipes, fats and other waste. Stick with reusable towels and nontoxic cleaning products instead.

Date Book

WEDNESDAY, MARCH 16, 2022

Today is the 75th day of 2022 and the 86th day of winter.

TODAY'S HISTORY: In 1945, U.S. military forces declared the island of Iwo Jima secure after 25 days of fighting.

In 1968, U.S. Army soldiers massacred more than 300 civilians in the My Lai village in South Vietnam.

In 1988, Lt. Col. Oliver North and Vice Adm. John Poindexter were indicted on charges of conspiracy during the Iran-Contra affair.

In 1998, mass trials began in Rwanda for roughly 125,000 suspected perpetrators of the country's 1994 genocide.

TODAY'S BIRTHDAYS: James Madison (1751-1836), fourth U.S. president; Henny Youngman (1906-1998), comedian; Pat Nixon (1912-1993), U.S. first lady; Jerry Lewis (1926-2017), comedian; Daniel Patrick Moynihan (1927-2003), U.S. senator; Chuck Woolery (1941-), game show host; Nancy Wilson (1954-), singer-songwriter; Ozzie Newsome (1956-), football player/executive; Patty Griffin

(1964-), singer-songwriter; Gore Verbinski (1964-), filmmaker; Lauren Graham (1967-), actress; Joel Embiid (1994-), basketball player.

TODAY'S FACT: James Madison was the shortest U.S. president, at 5 feet 4 inches tall. He is estimated to have weighed 100 lbs.

TODAY'S SPORTS: In 1994, figure skater Tonya Harding pleaded guilty to hindering the investigation into the conspiracy to attack rival Olympic hopeful Nancy Kerrigan.

TODAY'S QUOTE: "Life requires things from you – if you're really living it and are really alive – that are really difficult and painful, and you can't avoid those things if you're really participating." – Patty Griffin

TODAY'S NUMBER: 2,997.1 – largest single-day point drop in the history of the Dow Jones Industrial Average, which occurred on this day in 2020.

TODAY'S MOON: Between first quarter moon (March 10) and full moon (March 18).

MS lives here.

Multiple sclerosis never hits just one person. It affects the entire family.

MS Multiple Sclerosis Society of Canada

1-800-268-7582 www.mssociety.ca

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:

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

Discounts: 2 insertions or more: 15% off

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

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

Text only: \$16.00 (includes taxes)

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

WEDDING WRITE-UPS:

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

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clasad@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.

Keep it separated

Dear Annie

WEDNESDAY, MARCH 16, 2022

Dear Annie: My husband and I have been married for 12 years. Overall, I think we have a great marriage. All marriages have an area where they struggle, and ours is children.

We were both married previously, and all of our children are from our previous marriages. But we consider them “ours.” They still have relationships with the other parents, and for the most part, we get along with our exes. We can sit at kid functions together and chat without any animosity. But here’s the problem: paying for things for our children.

I am a successful professional with a few college degrees. I come from a humble background and had to pay for all of my own college – through scholarships, working my tail off and mostly loans. It was hard work, and I appreciate what I did to earn it. My husband is very successful and did not have to obtain a college education. He also came from a humble upbringing. He wants the kids to have more than he had as a child and does not want them to struggle.

We have a daughter who is in community college. Her mother expects us to pay half. While I feel we should contribute some, I expect our daughter to contribute. She is working part time, and I believe she needs to be responsible for part of her college expenses. We have provided her with a car. Her mother has provided insurance. If our daughter can afford to go to a salon every two weeks, then surely, she can learn to appropriately budget \$500

to \$1,000 a semester toward school.

Our oldest son is paying his student loans. Our second oldest did not go to college. The third son only went for one semester, and his tuition and other expenses were paid for out of his savings by his father. Our youngest daughter is still in high school. I expect her to also earn her way, as does her father. My husband gets very angry when we have these discussions and feels like I’m “picking” on HIS children. Should I just let it go and pay for all her college? – To Pay or Not to Pay?

Dear To Pay or Not to Pay?: Only you and your husband can decide whether to pay her college tuition. Allow him to do what he thinks is best for his own children and you will likely start to get along in this area. Education might be part of his divorce settlement, anyway. It really is none of your business if his daughter wants to go to the salon, and she should be allowed to keep some extra money for her own enjoyment. He should decide how much to pay for his children’s education, and you should do the same for your children’s education.

Dear Annie: I’m 29 and single. I’m proud to have worked my butt off since college and am now seeing the fruits of my labor. I’ve got the dream job that I’m passionate about, am making good money and have the most amazing group of loved ones and mentors. The cherry on top of it all would be a man I can enjoy all of this with. Since I have a hectic schedule and travel for work, I figured getting back into online dating (in addition to good “old-fashioned” meeting people) would offer some solid ROI. It’s been more baggage than not,

though, and I don’t know how to make it work or whether I should just skip it altogether.

“Adam” and I had delicious witty banter over text for a week and a half. By his pictures, he was the perfect combination of sexy and cute. When we finally met, I knew pretty quickly there wasn’t a long-term connection. “Jeff” and I talked incessantly for about a week, and then he ghosted.

I don’t expect the first – or even the 10th – guy I match with to be “the one.” I’m willing to try them on till one fits just right, but I can’t stand my time and energy being wasted! What’s your advice on how to get quality experiences out of online dating? – Frustrated With Swiping

Dear Frustrated: If the internet widened the dating pool, it also muddied the waters. The best approach in such environs is a streamlined one: If you think you have a connection with someone you’ve matched with online, invite him for a phone call to see if you two hit it off before scheduling a date. This gives you the chance to gauge your chemistry, and it prevents you from endlessly instant messaging with a guy whom you’ll never end up meeting. After all, if he can’t be bothered to hop on a quick phone call with you, don’t bother with him.

Be upfront about what you’re looking for: a relationship, not a hookup. If he’s intimidated by your directness, has different priorities or thinks that’s “too much,” then why would you want to date him anyway?

And lastly, a note to anyone dipping his or her toe in the online-dating waters, remember to always opt for a

public meeting place and let a friend know where you’ll be.

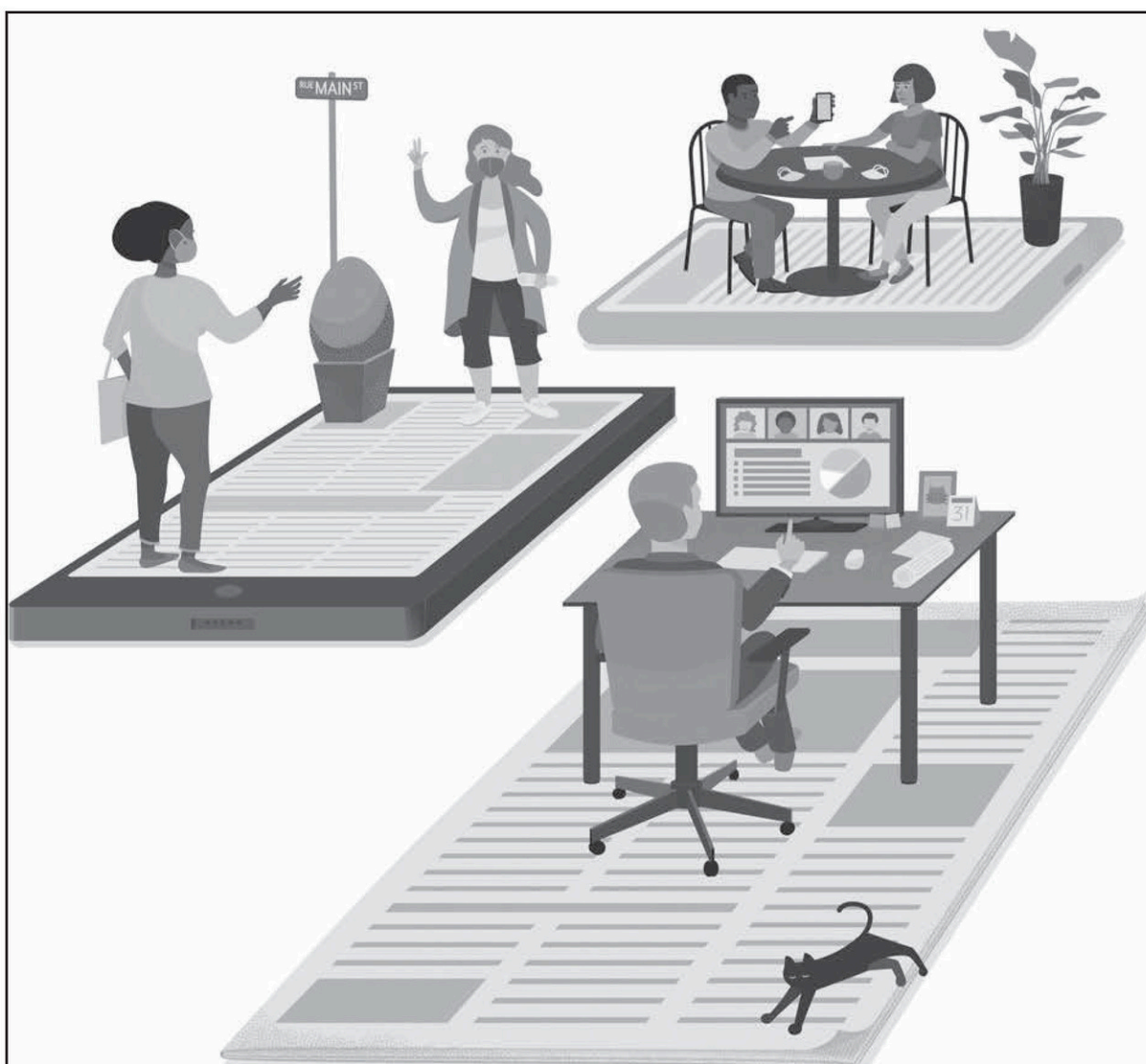
Dear Annie: You have published many letters from people bemoaning the fact that gifts that they gave were not acknowledged. While I am fully in agreement that a “thank-you” is a must for any gift I receive, I do not agree that anyone has an obligation to send a gift in the first place, as voiced by the recent letter from “Unappreciated Giver” who seems to be putting herself on a guilt trip if she does not give.

I am a few months short of 80 years old; I have enough “stuff” around. The holidays were a perfect time to remember to make contact with friends and relatives that are at a distance, which I did with a Christmas letter, a phone call or an email. I look forward to and enjoy similar contacts; they are the best gift that I receive – save, of course, for the yearly photo of the grade-school grandkids that comes in the Christmas card from my kids (and the small box of cookies from my daughter-in-law). – Bill, The Villages, Florida

Dear Bill: You’re not the only one with too much stuff: The average American household has 300,000 items, reports the LA Times. So perhaps we could all do with fewer gifts and more simple acts of kindness. Thanks for writing.

“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

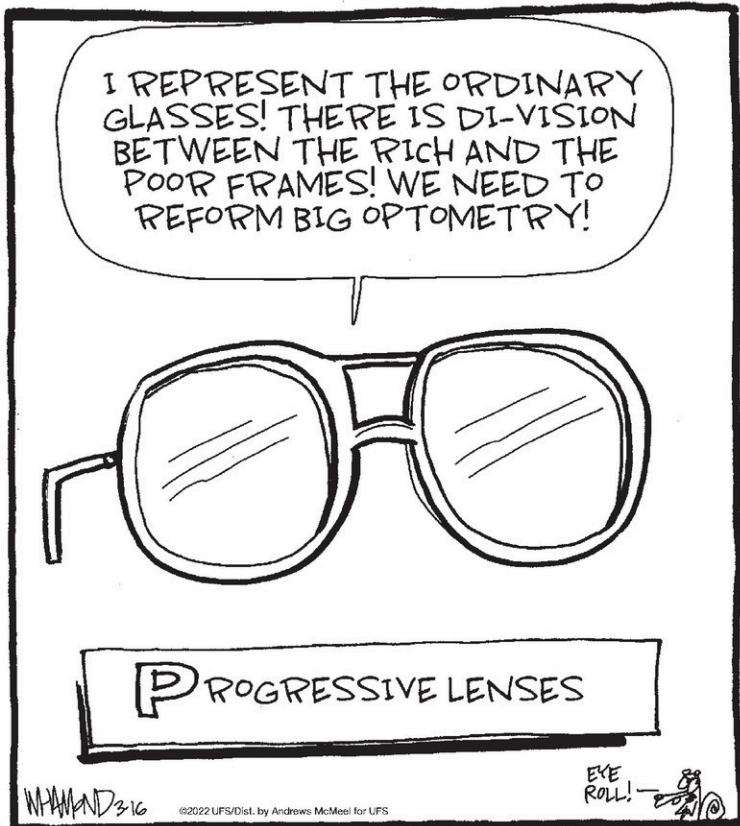
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"FJA OGCVE PK ZDXX XGYD FJAWKDXI;
UAKE EVGSY PLJAE PXX EVD EGOD
FJA'WD CJSSP VPND EJ KTDSB ZGEV
FJA." — UDWWF XDZGK

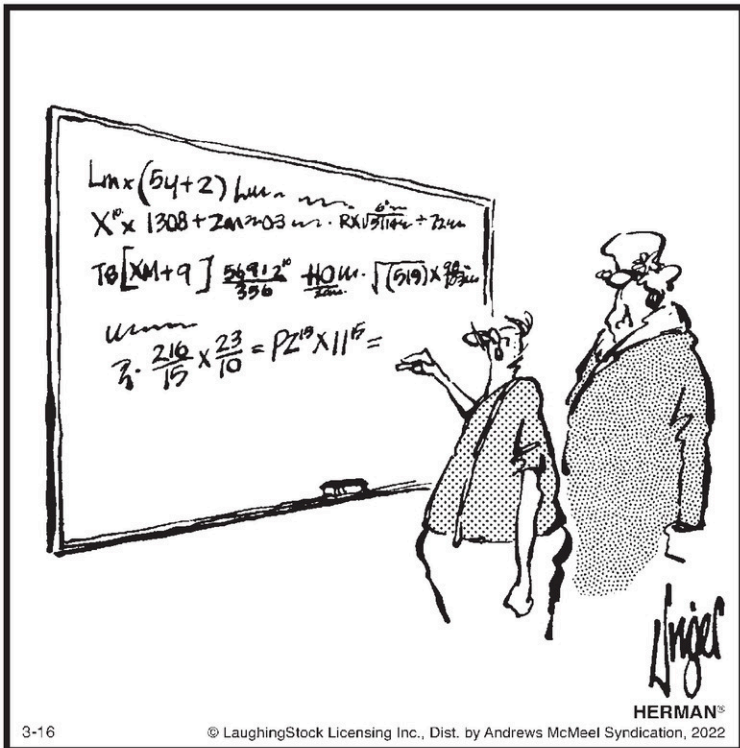
Previous Solution: "I grew up with the word 'volunteer' as a very powerful word in my family. I was inspired by my mother." — Eva Longoria

TODAY'S CLUE: g slenbe 7

REALITY CHECK



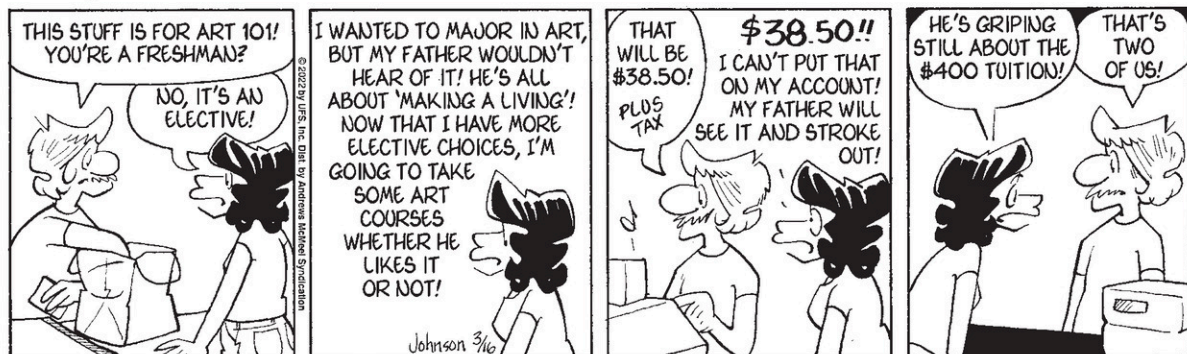
HERMAN



ALLEY OOP



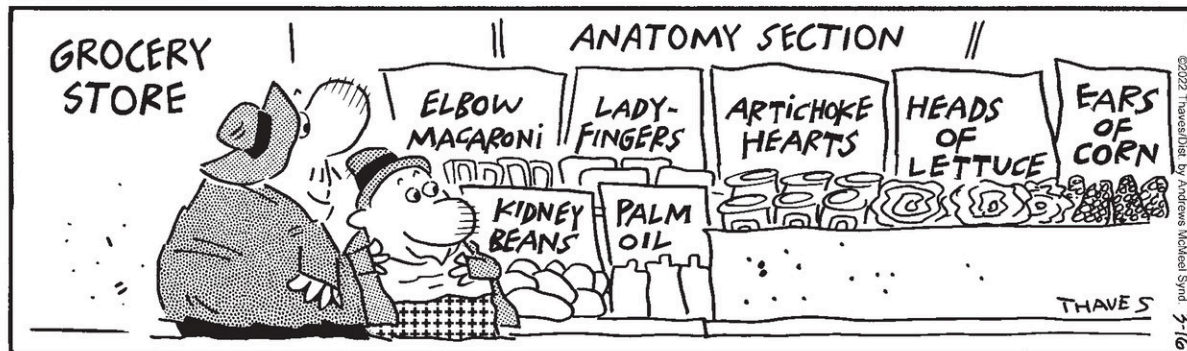
ARLO & JANIS



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

290 Articles for Sale

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.



Make your classified stand out, add a photo for \$10. per day. Deadline: 2 days before publication. Call 819-569-9525 or send an email to: classad@sherbrookerecord.com



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

INVENTORY CLOSURE

Notice is hereby given that, following the death of **MARY POULOS**, during her lifetime residing and domiciled at 1515 Pleasant View, Sherbrooke, Quebec, J1M 0C6, which occurred on July 21, 2020, an inventory of the deceased's property was made by the liquidator of the estate, in accordance with the law.

This inventory may be consulted by any interested parties at 1620 Young Road, Ogden, Quebec, J0B 3E3.

This March 14, 2022.

Richard Fabio,
 Liquidator for the estate

How farmers can get much-needed support

(NC) If you work in agriculture, you know it can be a precarious business despite being so essential for the country's sustenance and success. So, it's important to know about the different kinds of support that could make life and work on your farm a little easier. Here are three financial programs and services created specifically for Canadian farmers:

together farmers and creditors along with a neutral mediator to reach an agreement that works for everyone. It's free, voluntary and completely confidential. If you're a producer who can't pay current debt, this is a manageable way forward.

Advance Payments Program (APP)

The APP offers low-interest cash advances of up to \$1 million for farmers based on the value of their inventory or their commodities in production and the Government of Canada pays the interest on the first \$100,000. The APP can help improve farmers' cash flow providing them with the flexibility to sell their products when it makes the most sense for them.

Find more information about these programs at agriculture.canada.ca/manage-farm-risk-and-finance.

Canadian Agricultural Loans Act program (CALA)

The CALA loan program provides farms with up to \$500,000 to purchase or upgrade farm machinery and infrastructure. CALA offers low interest rates and down payments, flexible repayment options, and incentives for new farmers. CALA may be the program for farmers looking to establish, improve or expand their farming operations.

Farm Debt Mediation Service (FDMS)

This is a federal service that brings

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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

3/16 © 2022 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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



THE RECORD

Please note that
The Record office will be closed at noon on Fridays.

Office hours:
 Monday to Thursdays from 8:30 a.m. to 4:30 p.m.
 Fridays from 8:30 a.m. to noon.

Subscriptions: 819-569-9528, billing@sherbrookerecord.com
Advertising: 819-569-9525, classad@sherbrookerecord.com
Newsroom: 819-569-6345, newsroom@sherbrookerecord.com

NEA Crossword Puzzle

Your Birthday

WEDNESDAY, MARCH 16, 2022

spontaneity will get you in trouble. Bide your time, put your generosity on the back burner, and don't let your emotions interfere with practicality. Concentrate on how you look and feel.

VIRGO (Aug. 23-Sept. 22) - Don't hold back. If something bothers you, speak out. Conversations will lead to resolutions that will put your mind at ease and improve an important relationship.

LIBRA (Sept. 23-Oct. 23) - Preparation is paramount if you want to bring about positive change. Let your intuition help you decipher what's best for you, and put your energy where it will help you excel.

SCORPIO (Oct. 24-Nov. 22) - It's up to you to bring about change. Stop dreaming and start doing. Concentrate on what will make your life easier, and put to rest what stands between you and your goals. Clear up clutter.

SAGITTARIUS (Nov. 23-Dec. 21) - Don't lose sight of your goals. Refuse to let anyone meddle or cause emotional turmoil. Look inward and consider what you want. Choose to do your own thing. Don't put yourself in a vulnerable position.

CAPRICORN (Dec. 22-Jan. 19) - You'll receive an unexpected opportunity. Don't hem and haw when action is required. Size up whatever situation you encounter and do what's best for you. Don't follow others.

AQUARIUS (Jan. 20-Feb. 19) - Put your energy into self-improvement, health, fitness and meaningful relationships. Follow the path that puts a smile on your face and a skip in your step. Live in the moment.

Read between the lines, and you'll figure out how to get the most out of whatever you pursue. Choose a path that offers satisfaction and joy. Adjust your lifestyle to fit your budget and use your attributes to serve you instead of those using you for their profit. Be mindful of others and good to yourself.

PISCES (Feb. 20-March 20) - Get involved in what's happening around you. You won't have a say if you don't participate. Share your thoughts and make a difference. Change begins with you. Take the path that fulfills your needs.

ARIES (March 21-April 19) - Put in the time and you'll reap the rewards. The connections you make will be lasting and fruitful if you get involved in a cause that matters to you. An unexpected change is apparent.

TAURUS (April 20-May 20) - Don't jump into something without doing your homework. Test the atmosphere before you engage in a conversation about sensitive issues. Have a backup plan in place, and you'll come out on top.

GEMINI (May 21-June 20) - Don't be fooled by someone's rhetoric. Look out for your well-being. Use your skills and expertise to your advantage and put your energy into something that makes you happy.

CANCER (June 21-July 22) - Conversations will lead to something that interests you. The information you gather will spark your imagination and encourage you to use your ideas to pursue something that excites you.

LEO (July 23-Aug. 22) - Slow down;

Answer to Previous Puzzle

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

- ACROSS**
- 1 Just picked
 - 6 Wooden hammer
 - 12 Get back
 - 14 Approved
 - 15 Twin of Artemis
 - 16 Cruise ships
 - 17 Worthless coin
 - 18 Explosive letters
 - 19 Rx monitors
 - 21 Dentist's anesthetic
 - 23 PC key
 - 26 Bleat
 - 27 Happy sighs
 - 28 Ph.D. exams
 - 30 Jacket part
 - 31 Qt. fractions
 - 32 Tree topper
 - 33 Vestige
 - 35 Maize unit
 - 37 Moo goo — pan
 - 38 Roman garments
- DOWN**
- 39 Fam. member
 - 40 Finish
 - 41 Craven or Unseld
 - 42 — Nimitz
 - 43 IRA investments
 - 44 Hula-Hoop site
 - 46 Mauna —
 - 48 Ushers in
 - 51 Leaves out
 - 55 Spooky gathering
 - 56 Bullock of "Speed"
 - 57 Dismount
 - 58 Honored in style

- 8 Kerosene burner
- 9 Strong alkali
- 10 Always, to Byron
- 11 NFL events
- 13 Zero
- 19 Litter of piglets
- 20 Injure
- 22 Judge
- 24 Grew weary
- 25 Sweeps up
- 26 Quilt stuffing
- 27 Imitates
- 28 Galley movers
- 29 Rode the banister
- 34 Redeeming a check
- 36 Theater features
- 42 Overturn
- 43 Queeg's ship
- 45 Prickly sensation
- 47 Canute's foe
- 48 Red — — beet
- 49 Dover's st.
- 50 Avril follower
- 52 Banned bug spray
- 53 Previous to
- 54 Unhappy

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				

WEDNESDAY, MARCH 16, 2022

Sometimes the sun shines blindingly

By Phillip Alder

There are some days when everything works perfectly. On others, nothing goes right. What do you think was the outcome in two diamonds doubled on today's deal from an online duplicate? What should West have led?

I was sitting South. When East passed over my partner's double and West did not rebid, I thought that my partner must have a very strong hand. Not so - she passed also. Mysterious. However, East came out of the bushes with a penalty double. (He should have redoubled to indicate 10 points or more on the first round.)

When the dummy appeared, I was expecting to go down two. Watch what happened, though.

West led the club queen, took the spade ace and continued with the spade queen to dummy's king. I discarded a heart, cashed the two top hearts, ruffed a heart in hand, ruffed a club, ruffed a spade and ruffed a club. On the next spade, East ruffed and I overruffed. Finally, I ruffed another club with the diamond king and conceded the last two tricks to their trumps.

Have you been keeping track? I had collected an overtrick! Not surprisingly, *

North		03-16-22	
♠	K 10 7 3 2	♠	9 5 4
♥	A K J 4	♥	Q 6 3
♦	K 9 4	♦	Q 8 6 5
♣	8	♣	A K 2
West		East	
♠	A Q J 8	♠	9 5 4
♥	10 9 2	♥	Q 6 3
♦	A 3	♦	Q 8 6 5
♣	Q J 5 3	♣	A K 2
South		South	
♠	6	♠	6
♥	8 7 5	♥	8 7 5
♦	J 10 7 2	♦	J 10 7 2
♣	10 9 7 6 4	♣	10 9 7 6 4
Dealer: South			
Vulnerable: Neither			
South	West	North	East
Pass	1♣	Dbl.	Pass
1♦	Pass	Pass	1NT
Pass	Pass	2♦	Dbl.
Pass	Pass	Pass	
Opening lead: ??			

that was a cold top. Immediately after play finished, East typed that his partner should have led the diamond ace. Quite right - or done that at trick two. Then I would have gone down in flames. Weirdly, the second-best North-South score was achieved by the pair who defended against two diamonds by East! West opened one club, North overcalled one spade, East responded two diamonds, and all passed!