

Daycare centres struggle with worker shortages and inflated wait lists

By Michael Boriero - Local Journalism Initiative Reporter

There are thousands of children in Quebec stuck on daycare waiting lists due to a lack of available space, an overwhelmed system and a nagging worker shortage.

The Coalition Avenir Québec government promised to create an additional 13,500 spots in the province's Centre de la petite enfance (CPE) network when it came into power. According to Quebec Liberal Party (QLP) MNA Marc Tanguay, they have failed to make any headway.

The Eastern Townships was promised 595 spots, however, in a press release, Tanguay noted that the government has only reached 11 per cent of its goal in the region. He also confirmed that the waiting list for CPEs has reached 50,000 names across Quebec.

"The truth is that the Coalition Avenir Québec is incapable of developing spaces, incapable of reducing the waiting list, incapable of stopping the closures of daycare services and incapable of responding to the crying needs of parents in the Estrie region," said Tanguay.

Isis Dostie, executive director at the CPE L'Oiseau D'Or in Lennoxville, told The Record in an interview that the problem is simple: the CAQ, and

CONT'D ON PAGE 5

A sight for sore eyes



DONNA ROLFE

Readers may recognize Irene Brown, who was on the front page of the paper in June celebrating her 104th birthday. The oldest resident at the manor, Brown was first to receive the vaccine. Proud to have retained her full set of teeth thanks to a strict brushing regiment, Brown can now add a Covid inoculation to her list of bragging rights.

Record Staff

All the staff and residents at Manoir Stanstead received the first dose of vaccine against COVID-19 on Friday.

Similar campaigns are underway at other residences in the region, including Wales Home where vaccines were administered to staff and residents on Sunday.

Sunday's report brings only eight new cases in the Townships

The Province of Quebec reported 666 new cases of COVID-19 on Sunday, bringing the total number of people infected to 282,122 with 8,278 cases currently active. In announcing the numbers on twitter, Health Minister Christian Dubé pointed out that it marked the best day since Sept. 23 in terms of daily reports.

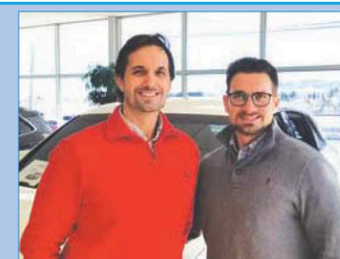
There were 15 new deaths recorded, for a total of deaths of 10,307: seven being from the previous day while the remaining eight were from past weeks. As of Sunday's report there were 686 hospitalizations, a decrease of 14, and 119 people in intensive care, a decrease of one.

Also, 13,020 doses of vaccine were administered on Friday, the last day for which data was available, for a total of

CONT'D ON PAGE 3

Advertisement for Ford 2021 F-150 with text: ALWAYS INNOVATING THE ALL-NEW 2021 F-150 GET UP TO \$5,000 IN REBATES ON SELECT NEW 2021 F-150 MODELS BUILT Ford PROUD

Advertisement for ValEstrie Lincoln Sherbrooke with text: ValEstrie LINCOLN SHERBROOKE 819-563-4466 office



819-822-8055 cell mike.page@valestrie.com

819-578-1965 cell johnpage@valestrie.com

For service that makes you feel like family, come do business with family, ask for Mike or John Page.

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:
PERIODS OF
SNOW

HIGH OF -1
LOW OF -4



TUESDAY:
CLOUDY

HIGH OF -1
LOW OF -2



WEDNESDAY:
CLOUDY

HIGH OF 3
LOW OF 0



THURSDAY:
RAIN OR SNOW

HIGH OF 0
LOW OF -14



FRIDAY:
CLOUDY
PERIODS

HIGH OF -4
LOW OF -13

Do you want to build a snowman?



THE SCOOP MABLE HASTINGS

As the days get a little longer, the sun gets a little stronger and this year it appears that the snow gets a little deeper, what is a person to do? Build a snowman of course!

As part of its February Festive Hearts Month, Potton like many communities are, given the pandemic, doing all it can to maintain some of the annual activities held every year as part of this heart friendly month where citizens are encouraged to keep active. Potton is inviting citizens to build a snowman, snowwoman or snow child before the end of the month of February and send your photo to Loisirs@potton.ca This contest is meant to get your blood pumping and your creative juices flowing!

Your snowman could hold a message of hope shared with your community and neighbours, or perhaps inspire a chuckle in some inspiring way.

As March break approaches I encourage parents to look into downhill and cross country ski locations and trails as well as snowshoeing opportunities. If you can't access pairs of skis or snowshoes then why not partake in a day of sliding or tobogganing? A reminder that pandemic directives must be respected in partaking in such activities but most of us have



Kate Eldridge is ready for some outdoor fun!

COURTESY

those well imbedded in our brain and can implement all safety precautions necessary.

The Ruiter Valley Land Trust has a large network of free trails for cross-country skiing and snowshoeing right in Potton. For more information or to access a trail map visit: www.valleyruiter.org

The Potton Multi Functional Shelter and Skating Rink offers a variety of

activities in Mansonville and citizens are encouraged to visit the Municipal website to view the schedule as free skate and stick and puck times are monitored and followed. For more information visit: www.potton.ca

Destination Owl's Head Ski offers some of the most breathtaking views sitting majestically above the shores of Lake Memphremagog. For downhill skiing, Owl's Head will not disappoint.

Lane closures coming up in Lennoxville

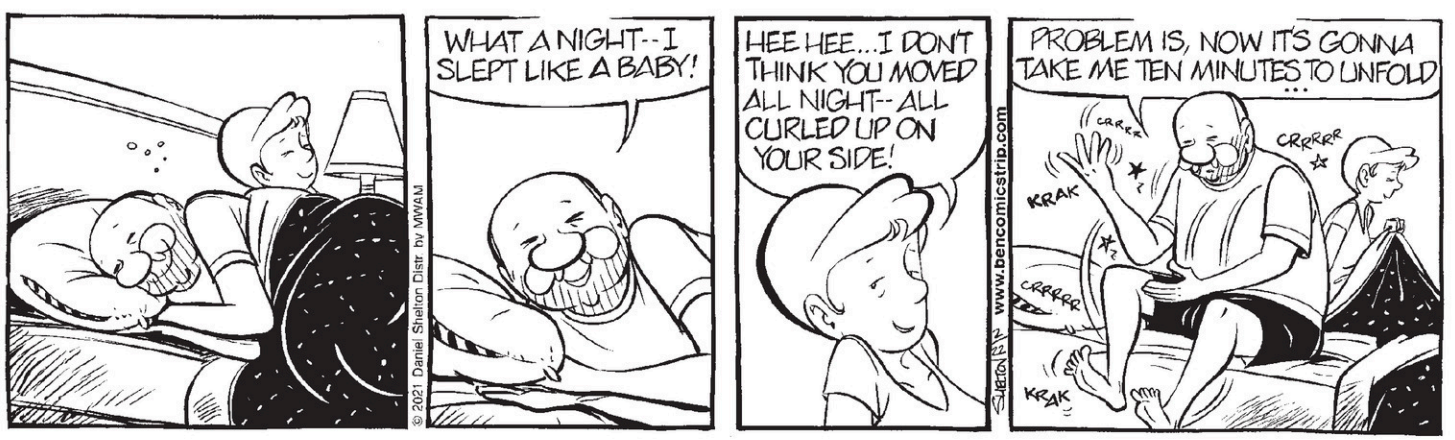
Record Staff

Drivers in the habit of passing through Lennoxville may want to consider an alternative on Wednesday and Thursday of this week.

Between 9 a.m. on Wednesday and 3 p.m. on Thursday, Bell will be at work on both Queen and College Streets near the community's main intersection, resulting in either lane reductions or alternating traffic. On Queen Street the

work will be located between College and Church Streets, while the work on College will be between Parkdale and Queen and will result in the closure of the sidewalk on the south side of the street.

Ben by Daniel Shelton



Local News

Legault went on to say that the idea has come up in the context of a CAQ commitment to strengthen the French language, but that no firm decisions have been made at this point.

Province flirting with the idea of capping enrolment in English CEGEPs

By Gordon Lambie

While details of what is under discussion have not been made available to the public at this point Quebec Premier Francois Legault told reporters on Thursday morning that the provincial government is considering capping the number of people with a French education background who will be able to attend English CEGEPs in the future.

"We're looking at the possibility," he said when asked about the rumour by media during a general question and answer period at the National Assembly.

Legault went on to say that the idea has come up in the context of a CAQ commitment to strengthen the French

language, but that no firm decisions have been made at this point.

"We promised to table something and we will do something at the right time," he said, adding, "I think that right now we have to concentrate on the pandemic."

The premier established that the intention is not to include CEGEPs in the framework already outlined by the Charter of the French Language, but he underlined that his government considers the question of protecting the language an important one.

"French is fragile," he said, "especially in Quebec."

Asked about how a cap on enrolment might impact her school, Champlain College Lennoxville Campus Director Nancy Beattie said that the news was disappointing but also pointed out

that the specifics remain vague.

"At this point it's kind of a rumour," she said, sharing that there has been no mention of any such idea from the government to the colleges at all as of this point. Looking to the case of Champlain Lennoxville, however, she said that even if the school is not facing the same sort of crowding that is being cited as problematic at Montreal schools, a cap would be a serious impediment to future program development or expansion.

"We want to be able to grow and develop," she said, explaining that although it is hard for a number of reasons to predict what the long term impacts of a cap would be, it would certainly cut into the schools' ability to benefit from an increase in enrollment that is expected across the entire

CEGEP system over the next decade.

Beattie also pointed out that, particularly in the case of the schools outside of Montreal, the English Colleges play an important role in the broader English community. She cited the example of other lost or disappearing English institutions in stating that the health of a community's institutions has an impact on the health of the community as a whole.

"Our concern is that it's become a political issue," she said, sharing a hope that the students who come to Champlain and other English schools from a largely bicultural and bilingual upbringing don't have their educational choices undermined by a reopening of the province's old language debates.

Making suicide-prevention training accessible

By Marianne Lassonde
Special to The Record

According to health professionals, the pandemic brought along a shortage in resources and an impending mental health crisis, triggering a fear of increases in suicides. However, a local initiative is choosing to tackle the problem head-on.

In the fall of 2020, JEVI Centre de Prévention du Suicide de l'Estrie put down a request for \$3,000 through the Sherbrooke Citizen Investment Fund. According to Simon Leduc Thouin, social worker and instructor for JEVI, this would help with the funding for the Formation Sentinelle, a training program for people dealing an at-risk population. Their request was approved on Jan. 13.

"We are looking to train willing people, who have the competencies to notice suicidal tendencies and who are willing to go the extra mile to find the resources," said Leduc Thouin.

The one-day training is offered to companies as well as individuals seeking to prevent the risk of suicides in various fields, especially male-dominated workplaces. According to

JEVI's initial funding proposal, men are four times more likely to commit suicide than women and harder to prevent because of the tendency to bottle up their feelings. In 2019, Canadian men between the ages of 30 to 44 accounted for 75 per cent of suicides.

Last year, The Canada Suicide Prevention Service saw a 50 per cent national increase in calls expressing mental distress. Of those calls 62 per cent resulted in active rescues, meaning a first respondent was called to a scene because of a significant risk of self-harm or attempted suicide.

According to Leduc Thouin, these situations could be actively avoided through increased training in dealing with threats of suicide. Most notably, learning how to interact with someone showing depressive symptoms.

"The Formation Sentinelle is attempting to equip folks with the resources to deal with suicidal individuals," he said. "We look at signs [of depression], signs of distress, critical moments and people who are more vulnerable."

Leduc Thouin added critical moments, such as deaths and heartbreaks, tend to be one of the

biggest triggers for people who did not previously display signs of depression and suicidal ideation. During the pandemic, these critical moments came in much bigger waves than anticipated - though Leduc Thouin said they are nothing new for social workers and trained professionals.

"The pandemic just amplified them. We are seeing the same critical moments," he explained.

For most academics and health professionals, these critical moments are some of the most worrying factors contributing to the mental health crisis, especially with more and more people dealing with loss and unemployment.

"The difference this time is that people are more vulnerable," Leduc Thouin added.

Although uncomfortable, Leduc Thouin stressed the importance of formulating a straight-forward question when people suspect signs of suicidal tendencies.

"You have to verify and you have to be direct: 'are you thinking of committing suicide?'," he said. "It takes guts but we would not know otherwise."

Typically, these seven hour-long trainings were held in public spaces

such as libraries and churches and were free to the public but the closure of many public spaces has made difficult to hold these sessions. According to Leduc Thouin, the funding would help cover the costs of renting a space and create more openings for the much-needed training.

Despite the decrease in available spaces, however, Leduc Thouin said the demand has increased dramatically. Currently, JEVI Estrie is fully booked until April.

"People are starting to see the importance of developing the tools to spot colleagues who may be expressing signs of suicidal ideation," he said. "There is no one way to express distress."

According to Leduc Thouin, these trainings attract highly empathetic people who have the tendency to care deeply; the Formation Sentinelle just gives them the tools to act as mental health first-respondents.

For those who are worried for a loved one and do not have the training to interfere, JEVI also offers the possibility of calling your loved one for you to provide them with immediate resources. To contact JEVI call 819 564-1354.

COVID update

CONT'D FROM PAGE 1

344,900 doses out of the 401,685 received to date. This figure accounts for 3.5 per cent of the population of the province.

Although 67 new cases were reported in the Eastern Townships over the weekend, only eight of those were from Sunday, making that report the lowest the region has seen in months. Of the 289 active cases across the region, 184 were in either the Haute Yamaska (87 cases)

or Sherbrooke (97 cases). At five each, the Coaticook and Haut-Saint-François health regions showed the lowest number of active cases of any region reporting information (no data were provided for the Asbestos region), and the Val Saint-François had the highest concentration of cases in relation to its population, with 113.8 cases per 100,000 people.

No new deaths were reported in the Townships, and the number of non-ICU

hospitalizations decreased to 16, all of whom are at Sherbrooke's Hôtel-Dieu hospital. The number of intensive care cases in the region remained stable at three, with one at the Fleurimont Hospital and two at the Hôtel-Dieu.

As of Sunday morning, 16,798 doses of vaccine had been administered within the local network, where the focus is currently on vaccinating residents and staff in seniors' residences.

While case numbers continue to improve compared to how they were during the month of January, the province is tracking confirmed and presumptive cases of COVID-19 variants. As of Sunday's report there were 23 confirmed cases and another 329 presumptive cases across the province. So far there has only been one instance of the more contagious B.1.1.7 variant discovered in the Eastern Townships.

EDITORIAL

Which brings us to today, 30 years after the apex of anger, frustration and determination borne of repeated failures to resolve the Canadian duality issue...

What if Quebec was truly 'free and capable' to bolster use of French?



PETER BLACK

1992 Charlottetown Accord, another failed bid to heal the federation, and the 1995 referendum which came within 54,000 votes of launching this country into the unknown, to put it benignly.

In any event, let's imagine the Oui side did win and the rest of Canada didn't put up a huge fuss and Quebec now had all the powers of a completely independent country to "assume its destiny and development."

Which brings us to today, 30 years after the apex of anger, frustration and determination borne of repeated failures to resolve the Canadian duality issue; also, 51 years after the passing of the Official Languages Act (OLA), whose intent was essentially to make francophones feel at home in Canada.

Concern over the status of French in Quebec is again in the headlines, with the Coalition Avenir Québec (CAQ) government promising to ramp up measures in language laws and the federal government releasing its report last week on reforming the OLA.

Without wading into the debate over the state of French in Quebec, and what is at the root of whatever erosion there might be, the existential question is ... What would be the optimum level of French to satisfy concerns, and how can that be achieved using the powers available to an independent country?

Reports and rumours about what the CAQ government has in mind to bolster French include limiting francophone students' access to English CEGEPs, restricting access to English health and social services to "historic anglophones," making Quebec language laws applicable to federally regulated workplaces, and doing something about the proliferation of English on commercial signage.

All of the above are subject to some degree of control by the Canadian government. Indeed, measures affecting access to English education and the language of commercial signs

It may be foolish to draw an existential political lesson from a rather superficial situation comedy, but anyway, here goes.

La Maison-Bleue, the Radio-Canada TV comedy, takes as its premise the victory of the Oui side in the 1995 referendum on sovereignty. Twenty years later the fourth president of the République du Québec - one of his predecessors was Canadiens legend Mario Tremblay - is in political eau chaude.

Polls show Quebecers overwhelmingly want a referendum on rejoining Canada, and President Jacques Hamelin, hilariously played by veteran actor Guy Nadon, needs to find a big distraction to regain popularity. Madcap antics ensue. La Maison-Bleue has been renewed for a second season which begins streaming in March.

While the show is equal parts brazen, ridiculous and revelatory in its lampooning of Quebec personalities and culture, at its core it is one of the rare media depictions of Quebec as a fully realized "distinct society, free and capable of assuming its destiny and its development."

This declaration by premier Robert Bourassa, in the wake of the failure of the Meech Lake Accord (look it up), was echoed in the mandate of the Bélanger-Campeau commission report of March 1991 that set Canada on the path to the



have been tested and mitigated in the Supreme Court of Canada.

So, if federal interference were entirely removed and an independent Quebec was truly "free and capable" of doing what it desires to "assume its destiny and its development," how far would it go to bolster the use of French? And what impact would that have on the non-francophone minority?

The release last week of a book on the state of French in Quebec got some buzz. In *Le Français en Chute*, statistician Charles Castonguay tracks the decline of the use of French over the past 20 years, particularly in Montreal, and particularly among

younger francophones.

He notes, "Some young francophone adults even say they speak English more often than French at home."

So what can Quebec do? Maxime Laporte, the president of Mouvement Québec Français, that published Castonguay's analysis, says: "We need a new Charter of the French language which truly makes French the language of institutions and public spaces, of life in society."

In the meantime, for some comic relief from language stress, and a satirical glimpse of a Quebec in complete charge of language laws, there's always La Maison-Bleue.

Letters

COVID-19 vaccine translation and interpretation "should" and "could"

The Quebec notice in local newspapers including The Record, answers questions concerning the vaccine. "Do I need to be vaccinated if I have already had COVID-19?" The answer in ENGLISH is (in part) "Yes...people that contracted COVID-19 should wait 90 days." I wondered if it was due to safety or just the limited supply of vaccine. Then having read the FRENCH version, the wording is "Oui...les personnes ayant eu la COVID-19 pourraient attendre 90 jours..."

Recovering from COVID-19 and expecting to be vaccinated in a few days I was concerned whether I SHOULD = DEVRAIT wait 90 days. The English translation should have read "COULD" = POURRAIENT.

I have confirmed with the authorities that WE SHOULD ALL BE VACCINATED as soon as possible.

This virus is far worse than the flu, with long lasting effects!
PLEASE THINK OF OTHERS AND FOLLOW THE RULES!

SHIRLEY MAYNES BEAKES

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, J0E 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

News quiz for local students

It's time to test the knowledge of young people in the Townships and see who's keeping up with the news.

The Record publishes a quiz each week with five questions related to news that appeared the week before in the paper.

Students at the elementary and high school level are invited to read through the paper to find the answers and then send them by email to our editorial team.

At the end of this week, any students who participated and answered the quiz questions throughout the month will be entered into a draw to win a 16-GB Fire tablet.

The winner will be announced next Tuesday.

Each time a student answers a different quiz, their name will be re-

entered, increasing their chances of winning a tablet.

Don't have access to The Record?

No problem.

All schools in the Eastern Townships School Board have access to the e-edition of the paper, so ask a teacher or principal for help to get connected.

Send your answers to mboriero@sherbrooke.com.

For more information about the quiz and how to participate, call the newsroom at 819-569-6345.

Last week's questions and answers:

1) Why did former National Hockey League player Stephane Quintal visit the Missisquoi North Volunteer Youth Centre?

Answer: To learn about the youth centre's programs and activities and help with fundraising to purchase

skating equipment for local kids.

2) The Sherbrooke Record celebrated its birthday last week. How old is the newspaper?

Answer: 124 years old.

3) What Covid-related issue was Monika Nelis-Dupont affected by?

Answer: Nelis-Dupont, Diagnosed with Mucopolysaccharidosis type I at four years old, was scheduled for surgery to improve her quality of life. Because of COVID-19, her surgery was delayed.

4) How do Rene Bessette and Jean-Samuel St-Gelais feel about non-essential businesses reopening?

Answer: As co-owners of Gym Profil Club, they are upset that gyms can't open while other stores and businesses can.

5) Why did nearly 50 Ayer's Cliff residents attend a virtual meeting last

week with town council and a local land developer?

Answer: To learn more about a major construction project at the Ripplecove Inn.

This week's quiz questions

1) What is the purpose of Bill 85, which was presented in the National Assembly last week?

2) Physicians at the The Massawippi Valley Health Centre have the flexibility to do what?

3) What is the reason Nick Fonda believes he was able to work out his new book, Murder on the Orford Mountain Railway?

4) What does SPA Estrie recommend for pets during a cold snap?

5) What did the Cegep de Sherbrooke do for Valentine's Day?

Sherbrooke teen writes song about living in lockdown

By David Rossiter
Special to The Record

In Cassidy Petiquen's 13 years of life so far, music has always been there for her. "Music is a big part of my life and has been since I was young. I've grown up listening to music, playing music and everyone around me is always singing," she said.

Cassidy said she found Covid and everything that stemmed from it to be quite hard. "I felt like I needed an outlet for all my feelings, so I put it into a song," she said.

She named the song Out There and her dad uploaded it to YouTube. The title "represents how I know Covid is going to be done and we'll finally have more freedom someday soon. It's just

out there," Cassidy explained.

While every demographic has struggled during the pandemic, Cassidy shared her song specifically for other young people who are having a hard time with the reality of today.

"It's actually not just about me. The song is about what all the teens are feeling right now."

Cassidy shared what she believes has been hardest for teens during the pandemic. "I feel like there are so many things we still haven't done that we can't do anymore. I think middle school is a time where you experience so much, and I feel like we're missing out on that part of our life right now."

Of course, Cassidy knew friends and peers felt similarly. But she got a nice surprise when people she didn't

even know reached out to her and said they related to her song, something that is very important, she explained. "There's just something about knowing other people feel the same way as you do, it can make you feel better."

Thirteen years old and writing her own music, it's clear Cassidy has talent. While she likes to practice music for fun, she also has dreams of continuing in the discipline. "One of my dreams ever since I was really young was to be a singer. Up until a few days ago I thought about how hard that would be, but I realized that I need to just keep pushing, doing what I do and hope that one day I can," she said.

To listen to Cassidy's song, search "Out There by Cassidy" on YouTube.



COURTESY

Daycare centres

CONT'D FROM PAGE 1

previous governments, constantly push daycare services and workers to the side.

She believes there is a desperate need to change the network's identity. There are less people signing up to college and university programs designed to produce daycare workers because the incentives aren't there. The L'Oiseau D'Or, like so many other CPEs, is short-staffed.

"For us in our day-to-day it's working well, but it's two years now that we're dealing with a worker shortage," said Dostie. "The main reason for this is that salaries are not appealing, so for young people it's not a very interesting career option."

The L'Oiseau D'Or also currently has 558 children on its wait list, she added, and the daycare only has 48 spots. There are on average 15 spots that open up every year. But Dostie said they often go to siblings because they get put on a priority list.

When Dostie speaks to parents over the phone, they sound discouraged, she explained, some of them cry to her because they feel like there are no more options. The Quebec government created a kindergarten program for four year olds, but Dostie doesn't believe it's

a solution.

The program was developed with good intentions, she said, but parents will still be in a bind due to school holiday breaks and pedagogical days. There are 180 days in an academic year in Quebec, Dostie added, but daycares are typically open for 260 days.

"These children are the future of our society and we don't seem to invest enough in them," Dostie said.

While she acknowledged the worker shortage, Amelie Boissonneau, president of the L'Oiseau D'Or board of directors, said another issue is the complicated bureaucracy to create more spaces in daycares.

Families Minister Mathieu Lacombe sent out a call for projects from CPEs across the province in the fall, but Boissonneau said the documents were so dense and confusing that L'Oiseau D'Or abandoned the process within a couple of days.

Lacombe's initiative asked for CPEs to draw up detailed plans for expansion projects. Boissonneau called it a "true nightmare" to get through all of the documents. She said they asked her for a timeline, budget, contractors and an architect, among other things.

"It's like we're working backwards,"

said Boissonneau. "They want to know the entire project in detail before actually knowing if we have a chance of having the opportunity to start that project."

CPE Panda Executive Director Helene Corbeil said they also struggled to fill all of the forms for the call for projects. It was an exhausting process, she told The Record. Time spent crafting the document could be for nothing if a CPEs project isn't selected.

The Lennoxville-based daycare is located on the Bishop's University campus. They give priority to students, staff and professors. There are 140 spots in the daycare, Corbeil said, and the wait list has over 800 names on it.

"It's usually discouraging [for parents]," she said. "What we see is parents will wait to go back to work because they don't have people close to them to help out as they wait for a spot."

Patricia Gill, manager at the CPE Les Petites Puces in downtown Sherbrooke, said it's going to be impossible to call all of the parents on her wait list. She has 925 names waiting to hear about an opening in the daycare, but there are only 62 spots.

Gill said that in any given year there are roughly 20 available spots, but like

L'Oiseau D'Or, priority goes to siblings, so it's normally about 10 available spots every year. However, Gill managed to submit a project proposal in time for the January deadline.

Les Petites Puces expects to get a response back from the government in July. If their project is approved, which is to expand their services to an additional eight children, then they will have two years to complete it. Gill believes they won't need all 24 months.

"We have everything here, I don't even need to make my building bigger, it's big enough that I can take an extra eight children. It wouldn't cost anything, I'll buy some more materials, maybe a few more toys, but it'll cost practically nothing to give us this project," said Gill.

According to Boissonneau, one way for the government to encourage more projects is by asking which CPEs actually have the means to put forward a proposal or expand their property, as well as providing assistance to fill out all of the forms would go a long way.

"I think that would be a solution and it would help us go faster, I hope, and also maybe not losing ourselves in all of the heavy administration that comes with it," Boissonneau said.

We all want to know more about COVID-19 vaccination



There are many reasons to get vaccinated, including protecting ourselves from the complications and dangers caused by infectious diseases, but also to stop the return of infectious diseases that are avoidable through vaccination.

The COVID-19 vaccination campaign now underway is aimed at preventing serious complications and death from COVID-19. We also use vaccination as a way of protecting our healthcare system and getting back to a more normal life.

When did the vaccination campaign start?

COVID-19 vaccination in Québec began in December 2020 with the delivery of the first vaccine doses. Because the availability of vaccine is limited, categories of people deemed at higher risk of developing COVID-19 complications have been given priority. As more vaccine becomes available in Canada, the categories of recipients will be extended.

Order of priority of recipients of COVID-19 vaccines

- 1** Vulnerable people and people with a significant loss of autonomy who live in residential and long-term care centres (CHSLDs) or in intermediate and family-type resources (RI-RTFs)
- 2** Workers in the health and social services network who have contact with users
- 3** Autonomous or semi-autonomous people who live in private seniors' homes (RPAs) or in certain closed residential facilities for older adults
- 4** Isolated and remote communities
- 5** People 80 years of age or older
- 6** People 70 to 79 years of age
- 7** People 60 to 69 years of age
- 8** Adults under 60 years of age who have a chronic disease or health problem that increases the risk of complications of COVID-19
- 9** Adults under 60 years of age who do not have a chronic disease or health problem that increases the risk of complications, but who provide essential services and have contact with users
- 10** Everyone else in the general population at least 16 years of age

What supply strategy was used to acquire the vaccines?

The Government of Canada signed advance purchase agreements for seven promising COVID-19 vaccines with the following companies: AstraZeneca, Johnson & Johnson, Medicago, Moderna, Novavax, Pfizer and Sanofi Pasteur/GlaxoSmithKline. The purchases are conditional upon approval of these vaccines by Health Canada.

To date, the Pfizer and Moderna vaccines have been approved for distribution in Canada. Soon, other vaccines from these companies will be used to speed up COVID-19 vaccination.



What types of COVID-19 vaccines are being studied?

There are three types of vaccine currently being studied.

- 1 mRNA vaccines:** These vaccines contain part of the RNA of the virus which has the ability to make the S protein located on the surface of the virus. Once the RNA messenger is inside our cells, they make proteins similar to those on the surface of the virus using the instructions provided by the RNA messenger. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. The RNA fragment is quickly destroyed by cells. There is no risk that this RNA will alter our genes.
- 2 Viral vector vaccines:** These contain a weakened version of a virus that is harmless to humans. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it. Once in the body, the vaccine enters our cells and gives them instructions to make protein S. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.
- 3 Protein subunit vaccines:** These contain non-infectious fragments of proteins that mimic the envelope of the virus. Our immune system recognizes that this protein is foreign and produces antibodies to defend itself against it.

Will an mRNA vaccine alter our genetic code?

No. Messenger RNA does not enter the cell's nucleus or come into contact with the nucleic DNA. As such, it cannot alter our DNA in any way.

How do COVID-19 vaccines work?

When someone receives the vaccine against the virus that causes COVID-19, their body starts to defend itself against the virus. An immune reaction occurs which neutralizes the virus producing antibodies and activating defense cells.

Most COVID-19 vaccines in development prompt the production of antibodies to block protein S; the protein that allows the virus to infect the human body. This prevents the virus from entering and infecting human cells.

The virus that causes COVID-19 is composed of strands of ribonucleic acid (RNA) genetic material surrounded by a crown-like envelope with proteins that include the S (spike) protein, hence the name "coronavirus."



What side effects can be expected from injection with the COVID-19 vaccine?

Some minor side effects may occur, such as redness or pain at the injection site and fatigue, fever or chills. These symptoms are less common among vaccine recipients over the age of 55, are usually benign and do not last long.

As of now there are no known serious side effects from mRNA vaccines. While other random problems may arise, such as a cold or gastroenteritis, they are not related to the vaccine per se.

Because the vaccine does not contain the SARS-CoV-2 virus, it is not capable of causing COVID-19. However, people who come into contact with the virus in the days leading up to their vaccination or within 14 days of receiving the vaccination could still develop symptoms and get the COVID-19 disease.

As such, following health measures remains important until such time as a majority of the population has been vaccinated.

Why did it take 40 years to develop a flu vaccine but only nine months for one against COVID-19?

Past efforts, particularly during the SARS epidemic in 2003, advanced coronavirus vaccine research and accelerated the fight against COVID-19.

There are currently over 50 COVID-19 vaccines undergoing clinical trials around the world, the result of unprecedented scientific cooperation. Considerable financial and human resources have been invested in the development of vaccines that meet regulatory requirements in such a short span of time.

Public health and regulatory authorities in many countries, including Canada, are working hard to ensure that as many safe and effective COVID-19 vaccines as possible become quickly available to their populations.

Why are two vaccine doses required?

The second dose "reminds" the immune system to continue producing antibodies and ensures long-term protection. In current circumstances, where COVID-19 is spreading very fast, administration of the second dose may be delayed somewhat to be able to vaccinate more people with the first dose.

[Québec.ca/COVIDvaccine](https://quebec.ca/COVIDvaccine)

1 877 644-4545

Québec 

In Memoriam

MCADAMS, Bernard, 1906-2001

*It was twenty years ago today that you kept saying you wanted to go home, God listened to your request and that evening he found a heavenly home for you. We all miss you
Now you would have a great-grandson that you could love and spoil.
Even though he is still young, he still hears Bern's name often.*

**LOVE YOUR FAMILY
BERNICE, CARMILLE, CLAUDE,
PHILIPPE, SABRINA, AND JACKSON**



Datebook

MONDAY, FEBRUARY 22, 2021

Today is the 53rd day of 2021 and the 64th day of winter.

TODAY'S HISTORY: In 1819, Spain signed the Adams-Onis Treaty, ceding Florida to the United States and redefining the boundary between U.S. and Spanish territories from Louisiana to the Pacific Ocean.

In 1935, new regulations outlawed aircraft flying over the White House.

In 1980, the U.S. Olympic hockey team upset the Soviet Union 4-3 in Lake Placid, New York, a victory popularly known as the "Miracle on Ice."

In 1993, the U.N. Security Council approved the creation of a war crimes tribunal to address atrocities committed during the former Yugoslavia's civil war.

TODAY'S BIRTHDAYS: George Washington (1732-1799), soldier/first U.S. president; Arthur Schopenhauer (1788-1860), philosopher; Edna St. Vincent Millay (1892-1950), poet; Don Pardo (1918-2014), radio and TV announcer; Edward "Ted" Kennedy (1932-2009), U.S. senator; Julius Erving (1950-), basketball player; Kyle MacLachlan (1959-), actor; Steve Irwin (1962-2006), TV personality; Drew Barrymore (1975-), actress; Iliza Shlesinger (1983-), actress/comedian; Rajon Rondo (1986-), basketball player.

TODAY'S FACT: Like Mozart, Frederic Chopin (born on this day in 1810, according to his baptismal register) was considered a musical prodigy in childhood. By age 7 he had composed two simple marches.

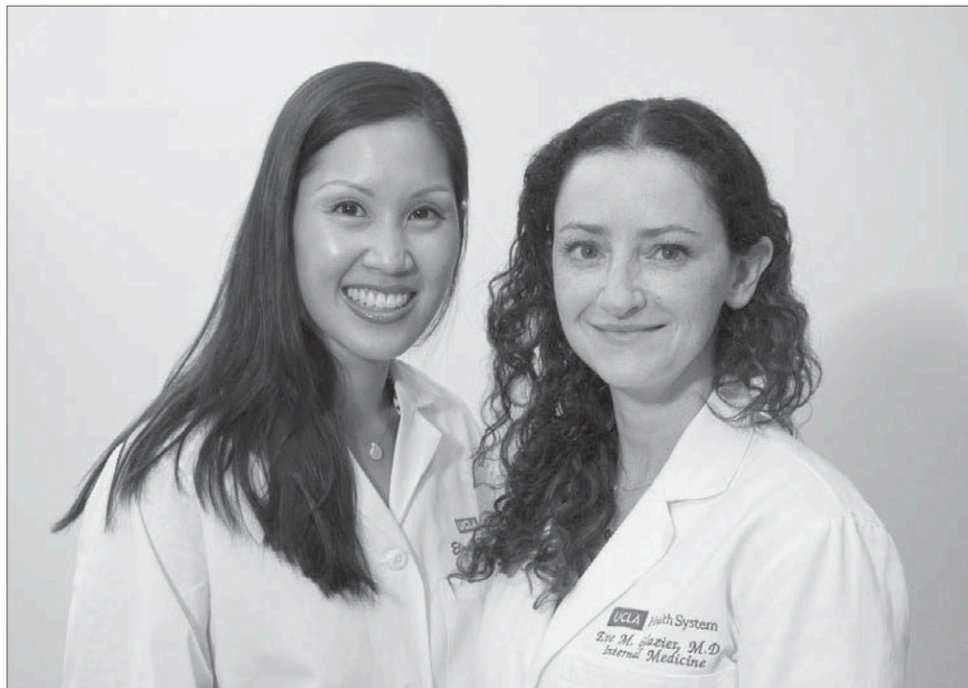
TODAY'S SPORTS: In 1959, Lee Petty won the first Daytona 500.

TODAY'S QUOTE: "I live my life trying never to appear to be a small man." – Julius Erving

TODAY'S NUMBER: 1 – Broadway performance (excluding 13 previews) for Arthur Bicknell's play, "Moose Murders," which opened and closed at the Eugene O'Neill Theatre on this day in 1983. The play is widely considered the most infamous flop in Broadway history.

TODAY'S MOON: Between first quarter (Feb. 19) and full moon (Feb. 27).

COVID-19 vaccine uses different technology than flu shot



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

Dear Doctor: Is a COVID-19 vaccine the same as a flu shot? I had a violent reaction to a flu shot in 1976 that continues to have an effect in my body today, and I am 74 years old. I want to get the COVID-19 vaccine, but I fear another severe reaction.

Dear Reader: The vaccine against the coronavirus that causes COVID-19 is not the same as the influenza vaccine.

Although each vaccine targets a virus that causes a respiratory illness, they use different mechanisms to prime the body's immune response.

Let's start with the flu vaccine. This is what is known as an inactivated vaccine. It contains a portion of the microorganism that causes the disease the vaccine is targeting. However, the word "inactivated" means that this microorganism has been rendered harmless. It cannot cause disease. When injected, the body's immune

system recognizes the inactivated virus as a threat and learns how to mount a defense against it. Then, when the body becomes infected with an actual virus of the same type, it's already primed to fight it off.

The coronavirus vaccines, by contrast, are a class of vaccines known as mRNA vaccines. Instead of a particle of the virus to teach the immune system what to look out for, they use a single strand of genetic code known as messenger RNA. In the case of the new coronavirus vaccines, it's a harmless fragment of the spike protein that the coronavirus uses to penetrate a host's cell. Armed with the molecular code to the spike protein, the body now knows how to recognize and dismantle it. And with its spike proteins disabled, the coronavirus infection is stopped in its tracks.

Considering your experience with the flu vaccine, we understand your hesitancy. However, in your letter you mentioned receiving a number of other vaccines, all without ill-effect. The current guidance for people with previous allergic reactions to a vaccine, or to the contents of the coronavirus vaccine, is to speak with their physician before getting their shot. This, without a doubt, should be your first step.

It's important to note that the coronavirus vaccine can have mild-to-moderate side effects, including pain and swelling at the injection site,

chills, fever, headache and tiredness. These can last a few hours or a day or two, and they mean that the immune system is responding to the vaccine and booting up its defenses for future exposure. Everyone who gets the vaccine is asked to remain at the clinic for at least 15 minutes after receiving the shot to monitor for any extreme reaction. These have been exceedingly rare. As part of the vaccination program, the medications and gear needed to assist in case of a reaction are required to be onsite.

Please remember that the clinical trials for the coronavirus vaccines were rigorously conducted to the highest standards. We firmly believe that the short-term inconvenience of the mild side effects of the vaccine outweighs the tremendous benefit of the protection it offers for you and your family, and for the community at large.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

Help us.

1 800 361-9643
www.leucan.qc.ca

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
Discounts: 2 insertions or more: 15% off
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
Text only: \$16.00 (includes taxes)
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.
WEDDING WRITE-UPS:
\$26.00 (\$29.90 taxes included) WITH PHOTO: \$36.00 (\$41.40 taxes included)

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

DEADLINES FOR DEATH NOTICES:

For Monday's paper, email production@sherbrookerecord.com or call 819-569-4856 between 1 p.m. and 5 p.m. Sunday. For Tuesday, Wednesday, Thursday or Friday's edition, email production@sherbrookerecord.com, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

NEA Crossword Puzzle

Answer to Previous Puzzle

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

- ACROSS**
- 1 Kept secret
 - 4 Join wood
 - 8 Hepburn nickname
 - 12 Citrus drink
 - 13 Actor Alan
 - 14 Type of mitt
 - 15 Attack word
 - 16 Loud noise
 - 17 Well-ventilated
 - 18 Foot, slangily
 - 20 Yellow fruit
 - 22 Posh hotel lobbies
 - 23 Is, to Fritz
 - 24 Dinosaur's place
 - 28 A Gershwin
 - 31 LP player (hyph.)
 - 34 Starfish part
 - 35 Male hog
 - 36 Battery chemical
 - 37 Enjoy a fine brandy
 - 38 Part of a.m.
 - 39 Oilers org.
 - 40 Treasure holders
 - 42 "— Te Ching"
- DOWN**
- 1 "— la vista!"
 - 2 Blockhead
 - 3 Wallpaper, etc.
 - 4 Popular cruise stop
 - 5 Join forces
 - 6 Mont. neighbor
 - 7 Ewe's offspring
 - 8 Zen riddles

- 9 Pilot's field
- 10 Gull cousin
- 11 New Age singer
- 19 Bashful
- 21 Draw a bead on
- 25 Cummerbund
- 26 Cleveland's waters
- 27 Refs' cousins
- 29 Maze runner
- 30 "— we having fun yet?"
- 31 "Star Wars" rogue
- 32 I, to Wolfgang
- 33 Strained
- 35 Sink
- 40 Blimp title
- 41 Nice and warm
- 43 Prince Arn's mother
- 45 Prom vehicles
- 46 Go to the polls
- 47 "Divine Comedy" poet
- 48 Put up a notice
- 49 Water, in Tijuana
- 50 "Waterloo" pop group
- 51 Teen hangout
- 54 Hold up

HAPPY BIRTHDAY 100TH

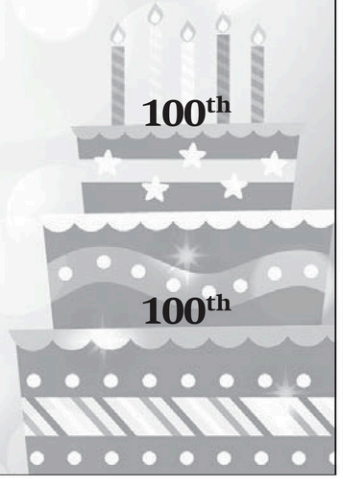


RUTH M. PARTINGTON
(nee Atkin)

of Georgeville , Quebec

Best wishes from your family and friends.

A RECORD subscriber since 1948 and completes every crossword puzzle.



Your Birthday

MONDAY, FEBRUARY 22, 2021

Find your place, and live in the moment. Enjoy what life has to offer. Set a realistic pace that brings you the comfort and joy you deserve. Stop doubting, and start discovering what's important to you. It's time to start making some necessary lifestyle updates.

PISCES (Feb. 20-March 20) - Make your space inviting. Move things around to suit your lifestyle. Share your feelings and plans with loved ones. Now's the time to make some dramatic self-improvements.

ARIES (March 21-April 19) - Don't let your emotions interfere when you're making an important decision. Stay calm, use discipline and verify facts before you take action. Strive to avoid discord.

TAURUS (April 20-May 20) - Work in your best interest instead of trying to impress or please someone. Push your ideas and vision, and invest time and effort into pursuing what makes you happy.

GEMINI (May 21-June 20) - If you recognize what's possible, success will follow. Let go of negativity and let your innovative ideas set new trends. Make romance and love priorities, and work to end discord.

CANCER (June 21-July 22) - An open mind will encourage you to try something new. Express your thoughts and feelings. Share something special with someone who can contribute to your plans.

LEO (July 23-Aug. 22) - Stay on course. Look for the right opportunity and put

everything into your objective. If you take on too much, you will fall short of your goal. Bring about change and persuade others to follow suit.

VIRGO (Aug. 23-Sept. 22) - Information, education and communication will lead to positive changes. Focus on what you have to offer. Don't be afraid to make the first move. Keeping up with trends will help you find success.

LIBRA (Sept. 23-Oct. 23) - Don't let an unexpected change bring you down. Take advantage of any opportunity that comes your way, and get things done without compromising your financial status or health.

SCORPIO (Oct. 24-Nov. 22) - Don't let uncertainty or confusion lead to your downfall. Look at the possibilities and use your skills to bring about the changes that will make your life better. Put an end to bad relationships.

SAGITTARIUS (Nov. 23-Dec. 21) - Settle into something you do well or love to do. Opening up to a loved one will help you make decisions that add to your comfort and well-being. Don't let others make decisions for you.

CAPRICORN (Dec. 22-Jan. 19) - Consider how you earn and handle your money, and make changes that will stabilize your future. Look at what's trending and how you can take advantage of an opportunity.

AQUARIUS (Jan. 20-Feb. 19) - Weigh the pros and cons of every situation you face. Be careful when dealing with peers, relatives and people who work for institutions. Choose your words carefully and be wary of making compromises.

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					61		

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.

"VSPY NADDSNN EN JHG HJ GOS
NGPWS, MAG ... PN P OACPJ MSEJW,
PJK OHL XHA WSG PYHJW LEGO XHAV
BSYYHL CPJ." — NPCCX KPFEN TV.

Previous Solution: "I intend to do the Penn & Teller show until they pry my cheesy magic wand from my cold dead fingers." — Penn Jillette

TODAY'S CLUE: F equals B

REALITY CHECK



HERMAN

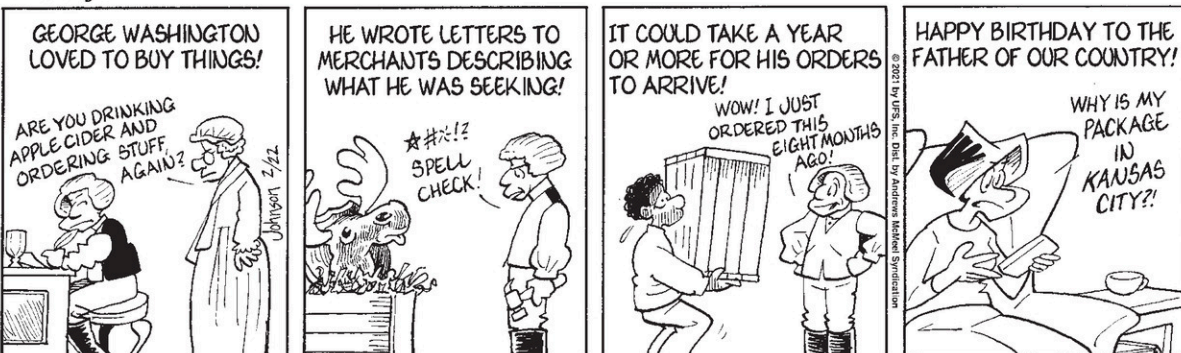


"What did you spoil his tiger trap for?"

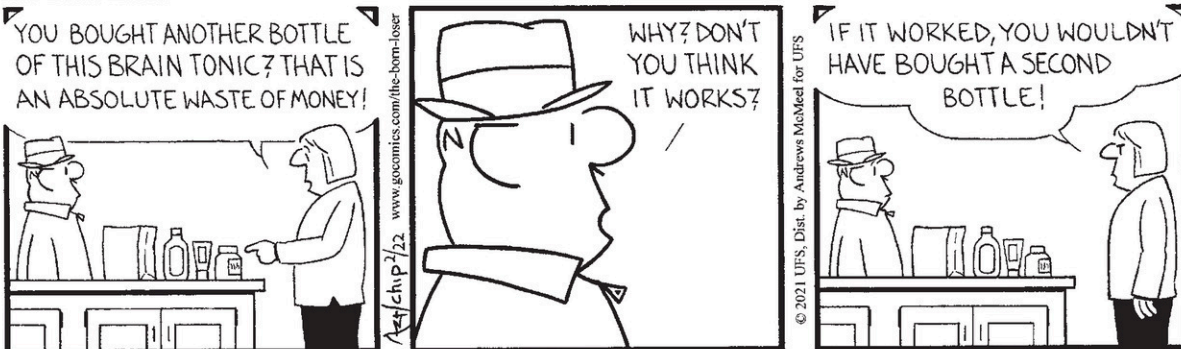
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



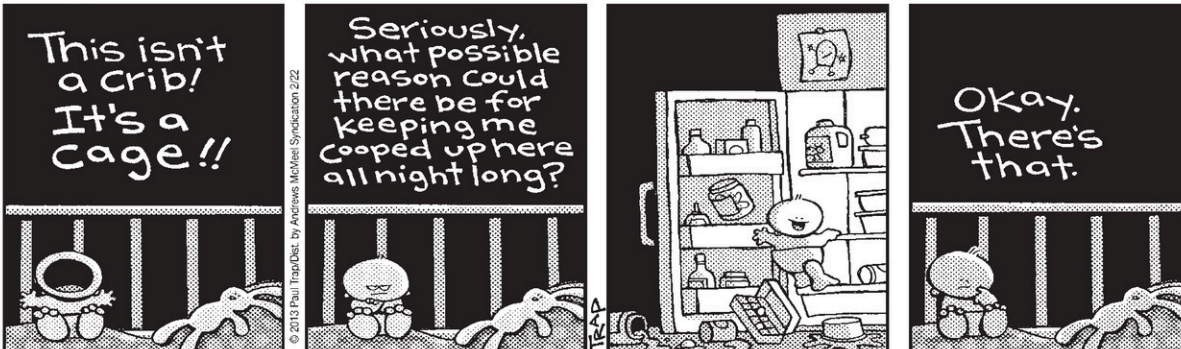
FRANK AND ERNEST



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

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

REACT NOW!

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

145 Miscellaneous Services

290 Articles for Sale

LENNOXVILLE PLUMBING. Domestic repairs and water refiners. Call Norman Walker at 819-563-1491.



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**

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.

MONDAY, FEBRUARY 22, 2021

Dear Annie: I am old, and I worry about falling. I have read advice to us old people on numerous websites on how to avoid falling. But one thing is missing: It is important not to hurry.

I have only anecdotal evidence, but I have observed that hurrying often leads to falling. One friend died after a fall rushing to answer the phone. My wife and I are careful not to hurry. – Taking It Slow

Dear Taking It Slow: Once we stop rushing, it is amazing to see how much more life we have to truly live. I love your letter. Thank you for your very wise suggestion. I would take it a step further and say that it is good to slow down whether you are old or young. Savoring life and not rushing allow us to appreciate the beauty this life has to offer. Many people are constantly trying to get to the next thing or the next step in life, and they miss out on all the wonder and joy of the moment. Meditation and gratitude journals are great ways to slow down. There are many other methods as well.

There is a profound Navy Seal saying:

“Slow is smooth, and smooth is fast.” I’m going to ask my readers for some tips on to slow down and enjoy life.

Dear Annie: I sympathize with “Bewildered and Beleguared by Family,” who “always got abuse, judgment and blame” from family. I had to put up with a father who always felt he had to be contrary, no matter what, and who always yelled at me at the top of his lungs, frequently accusing me of things I didn’t do.

Eventually, I grew up and moved out of state, but despite what I went through, I tried to maintain decent relations. My parents called me and sent letters, and I called them and wrote also. Then, one day, I suddenly and inexplicably was told not to write to them anymore.

I don’t let it bother me now. I’ve moved on, and I believe others can, too. I remember the following quote from Bernard M. Baruch: “Be who you are, and say what you feel, because those who mind don’t matter, and those who matter don’t mind.” – Not Looking Back

Dear Not Looking Back: I am so sorry that you had to endure that type of emotional abuse as a child. I wish

I could go back and tell you to say to your dad, “What is more important to you: contradicting me and yelling at me all the time or having a positive and intimate relationship with your child?”

Without self-awareness, one cannot change. But you, my friend, have changed. Congrats. You sound like an incredibly wise human being. You survived a difficult childhood and came out on top. Chances are your dad was not nearly as psychologically aware as you are and didn’t even know what he was doing. He was probably repeating what he saw his dad do. If he does reach out to you, you will be in a position to help him see how much pain he caused you.

“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.



Thank you for saving moments, funding breakthroughs and saving lives.



* The heart and / icon on its own and the heart and / icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.

ASK THE EXPERTS BUSINESS DIRECTORY

OPTOMETRISTS

Our eye care services:

- Eye Exam
- Children and Elderly Eye Care
- Low Vision Aids
- Eye Disease Screening
- Contact Lenses
- Wide Selection of Frames
- Sunglasses

OPTO RÉSEAU 160 Queen St., Lennoxville
819.563.2333
 Dr. Meggie Faust, Dr. Alain Côté and Dr. Denis Destremes, optometrists

- INVESTMENT
- NOTARY
- OPTOMETRISTS
- TREE SERVICE

NOTARY

Lamoureux Leonard sencl

Notaries & Solicitors

Mtre Timothy Leonard

- Trust Wills • Mandates
- Corporate Law • Estate Settlement
- Protection of Assets

520 Bowen St. S., Sherbrooke (next to Hôtel-Dieu Hospital) **563-0500**

TREE SERVICE

ArboExcellence
 Stephen Goddard, prop.
 ISA Certified Arborist QU-0103A

Professional Tree Service

- Pruning
- Hedge trimming
- Tree removal
- Planting
- Stump grinding
- Lot clearing
- Chipping
- Forestry
- Cabling & bracing
- Consulting

Over 30 years of experience
 Fully insured
 Free estimate

www.arboexcellence.ca

Cell: 819-821-0425 Tel./Fax: 819-562-1642

INVESTMENTS

Life Insurance ~ Annuities ~ Critical Illness ~ LTD ~ RRSPP* • RDSP* RESP* • RRIF*

In partnership to help you invest for your future

TIM GODDARD
 BRANCH MANAGER

RICK TRACY
 MUTUAL FUNDS DEALING REPRESENTATIVE

GLOBAL MAXFIN INVESTMENTS INC.
 151 Queen Street, Sherbrooke • 819-569-5666
 “Locals serving locals for more than 20 years.”

(*Only Mutual Funds are offered and regulated through Global Maxfin Investments Inc.)

Support the local businesses, services & professionals who serve our area where you live, work and play!

NEA BRIDGE

MONDAY, FEBRUARY 22, 2021

Is an overtrick in the future?

By Phillip Alder

Albert Einstein said, "I never think of the future – it comes soon enough."

A future with everyone vaccinated and face masks in the drawer cannot come soon enough.

Look at today's North-South hands. What do you think of their two-spade contract? After you know that West has led the heart king?

In the auction, North did not like to pass over two clubs, but everything was flawed. (She was short a heart for a negative double and shy a spade for a two-spade raise.) East used his passed-hand status to run from two clubs. Since North had passed, South was not tempted to jump to three spades. West did well not to rebid three clubs, which North would have been delighted to double.

I held the South hand at Bridge Base Online. At first, two spades looked good. It seemed that I would lose one spade, two hearts and one diamond, bringing home an overtrick.

Ha! Talk about not seeing the future.

I won with the heart ace and tried a sneaky spade 10. East took the trick with his ace and returned the heart jack. Still not realizing what was about to happen, I was happy to see that West

		North 02-22-21	
		♠ 5 3	
		♥ 6 5 4	
		♦ K 8 6 4	
		♣ A J 10 6	
West		East	
♠ 7 2		♠ A 9 6	
♥ K Q		♥ J 10 9 3 2	
♦ A 10		♦ J 9 5 3 2	
♣ Q 9 8 7 5 4 3		♣ —	
		South	
		♠ K Q J 10 8 4	
		♥ A 8 7	
		♦ Q 7	
		♣ K 2	
Dealer: East			
Vulnerable: Both			
South	West	North	East
1♠	2♣	Pass	2♥
2♠	Pass	Pass	Pass
Opening lead: ♥ K			

had to win with the queen. But he shifted to a club, and East ruffed! The clubs were 7-0. What was the chance of that? (It's 0.52%.)

East returned the diamond nine, West winning with his ace and giving partner another club ruff. East cashed the heart 10, on which West discarded his second diamond. Then a diamond ruff by West took me down two. Well defended, robots.

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

2/22

© 2021 Dist. by Andrews McMeel Syndication for UFS

PREVIOUS SOLUTION

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

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

We all have questions about the vaccine

What are the side effects of the COVID-19 vaccine?



After receiving the vaccine, you may feel pain where the injection was given.

You might also feel:

- fatigue, fever or chills
- headaches, pain in muscles or joints

These mild to moderate symptoms usually go away after a day or two.

Find the answers to all of your questions about the vaccine at

Quebec.ca/COVIDvaccine

The vaccine. A safe way to protect ourselves.

