

Active cases continue to decline in Quebec

By Gordon Lambie

In what Health Minister Christian Dubé referred to on Sunday as an encouraging tendency, the rate of new cases remained fairly stable in Quebec over the weekend.

The Province of Quebec reported 1,006 new cases of COVID-19 on Sunday which, coupled with 1,101 from Saturday and 1041 from Friday, brought the total number of people infected to 351,880. Due to the higher number of people classified as "recovered," the number of active cases declined by more than 500 over the weekend to 9,425.

There were nine new deaths, increasing the total since the start of the pandemic to 10,942, and the number of people in hospital for reasons linked to the virus and in intensive care both went down. Hospitalizations fell by 49 between Thursday and Sunday, going from 623 to 574, and ICU admissions decreased by eight, going from 165 to 157.

In the Eastern Townships 50 new cases were reported on Friday, followed by 62 on Saturday and 40 on Sunday. Despite those relatively high numbers, however, the number of active cases in the region actually went down slightly, going from 443 to 431.

As of Sunday's report, there were 147 active cases in Sherbrooke, 140 in the Granit sub-region (focused around Lac-Mégantic), 50 in the Haute-Yamaska, 31 in the Haut-Saint-François, 19 in the Val Saint-François, 18 in the Coaticook area, 17 in Pommerai (Lac-brome, Cowansville, Bedford), eight in Memphrémagog, and no active cases in the Des Sources area.

Despite Sherbrooke's slightly higher

CONT'D ON PAGE 3

News quiz for local students



MICHAEL BORIERO

The winner of the quiz prize, Abygail Boudreau (right), a grade 6 student at Princess Elizabeth Elementary School. She is standing next to her brother, Jake, who helped her answer the questions.

Record Staff

Since January The Record has been testing the knowledge of young people in the Townships by publishing a quiz each week with five questions related to news that appeared the week before in the paper. Students who participated and answered the questions were entered into a draw to win a 16-GB Fire tablet.

This month's winner is Abygail, a student at Princess Elizabeth Elementary School. Abygail participated in The Record's final quiz last week. She also had some help from her younger brother Jake. Together they were able to answer every question correctly. This concludes

the newspaper's Amazon Fire Tablet contest.

The four lucky winners did an impressive job with the quiz, getting all the answers right and proving they are up to date with the news in the region.

Below are the questions and answers from last week's quiz. The Record would like to thank all of the participants and congratulate the winners.

Last week's questions and answers

1) Why did Cegep de Sherbrooke students protest on Friday afternoon?

Answer: They were voicing their concerns about environmental negligence and financial instability.

2) What have golf clubs noticed this year?

Answer: A significant increase in memberships especially in the younger population.

3) How many people who die in hospital become organ donors?

Answer: Only slightly more than one per cent.

4) What award did Ferme Morine receive from the Quebec Dairy Producers?

Answer: The gold medal or Lait'xcellent OR 2020.

5) Who did Steve Gosselin work for in the Eastern Townships?

Answer: Sherbrooke Expos, Phoenix, Canadiens, Hockey Estrie and Champlain College.

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Weather



TODAY:
MAINLY
CLOUDY

HIGH OF 11
LOW OF 7



TUESDAY:
CLOUDY

HIGH OF 16
LOW OF 12



WEDNESDAY:
PERIODS OF
RAIN
HIGH OF 17
LOW OF 4



THURSDAY:
SUNNY

HIGH OF 13
LOW OF 0



FRIDAY:
CLOUDY
PERIODS

HIGH OF 14
LOW OF 2

Canoe & Co. initiates Missisquoi River clean-up



THE SCOOP

MABLE HASTINGS

For Rachel Revsnio, her partner Francois Turcotte and their children, who operate Canoe & Co. (kayak/canoe SUP excursions) along the Missisquoi River during the summer months, the desire to see the riverbanks and roadsides as clean and maintained as possible goes beyond the desire to promote the beauty of the landscape in which they operate.

"We are living in such a beautiful and picturesque part of the world," said Revsnio, "it is necessary that we do our part to keep it beautiful for all to enjoy."

On April 24, Revsnio and Turcotte, along with coworkers, family and 15 volunteer Filipino machinist workers from the Estrie Region joined together for a three-hour clean up of the well travelled stretch of the Missisquoi River



PHOTOS COURTESY

bank and roadsides along Route 243 in Potton.

Revsnio, a Phillipine native started implicating the Filipino community in Estrie in the clean up initiative last fall when the group did a 12 km river clean up for a cause. The group wishes to participate annually in this project, as "Bayanihan" is a core essence of the Filipino culture in initiating helping out one's neighbour as a community working together to accomplish a task.

"My children and I always do a river clean up each spring," said Revsnio. "I took the opportunity to try to initiate participation in the fun and worthwhile event in cleaning up from our home through to the "welcome sign" in Mansonville," she added.

The Filipino workers who participated live in Sherbrooke, Magog, Valcourt and Drummondville. They are machinists and mechanics who work for the following companies: Verbom, G.E. Gilbert, Mag-Express, Contraceptomec Magog, Engrenage Sherbrooke, Service, Entretien O. Hainault Sherbrooke, Laser Datoph Inc.

Once the roadside had been completed, Turcotte arranged for the group to get into canoes in Mansonville

and while paddling south back to the Canoe & Co. property, the group cleaned up garbage along the riverbank as well. In total, 23 large bags of garbage as well as three car tires were collected by the group along the roadside and riverbank.

This initiative was only one of the clean ups planned by the group. Upcoming 12-20 km river clean ups through May are being organized and are always done with safety regarding weather and water levels.

Potton Municipal Council member, Jason Ball stopped by the day of the clean up to snap a few photos.

"As council representative on Potton's environmental committee, I was so impressed at the joy seen on the faces of these volunteers as they worked and could not believe how thorough their efforts were," said Ball. "The group truly gave meaning to the old adage that many hands make light work. The environment committee normally organizes a roadside clean up each year," Ball shared. "Due to the Covid pandemic, this has not happened yet this year, so the effort of this group of volunteers is a wonderful gift to our community."



Ben by Daniel Shelton



Quebec needs to do more to address worker shortage, say daycare directors

By Michael Boriero

The provincial government has promised to invest \$64 million into training and retaining qualified educators in childcare services, combatting a significant worker shortage, but people within the network want to see a deeper, more fundamental change.

The investment, according to Isis Dostie, executive director at the Centre de la Petite Enfance (CPE) l'Oiseau d'or in Lennoxville, is necessary, especially with 51,000 children on daycare waiting lists. The problem, though, is the low wages and stressful environment.

Dostie believes that the government is specifically avoiding the wage issue. It's a good effort, she told The Record, but early childhood educators have demanded better salaries for years and they have not seen any increase.

"They want to put money towards training people, but after that we won't be able to retain them because salaries aren't very attractive," Dostie explained, adding that the amount of work heaped onto the shoulders of young educators is turning them away from CPEs.

The l'Oiseau d'or has eight educators, a cook and an administration team. They are all working double time these days, adhering to COVID-19 health and safety measures, and ensuring children are comfortable. But they also wear many hats.

Although Dostie is more behind the scenes, she needed to replace her cook on Friday morning. She said everyone working at the CPE makes certain sacrifices, filling in gaps wherever they need extra hands. She added that it's unlikely anyone will be able to take time off.

"I don't even know if I'll be able to give people vacation time this summer," said Dostie. She cannot afford to lose any personnel, even for just a few days.

According to Families Minister Mathieu Lacombe, the government recognizes the worker shortage has

persisted for several years. It was made worse by the pandemic, he said in a press release, but the investment will allow the network to rebuild its workforce.

"They will make it possible to significantly increase the pool of qualified educators to meet the crying needs in child care services, in addition to supporting the development of new spaces for Quebec families," said Lacombe.

There are seven measures layered into the investment. The government is offering paid work-study training for 2,400 educators over a three year period, which is bolstered by \$45 million. And \$11.6 million towards scholarships for students.

They are also pouring \$5 million into stimulating the profession and increasing enrolment. The rest of the funds will be used to implement a certification service, improve the attractiveness of early childhood education programs, and create intensive training programs.

CPE Panda Executive Director Helene Corbeil agrees with the investment. However, she is also on the same page as Dostie. Educators need more recognition from the government, Corbeil said. She started to feel the worker shortage a couple of years ago.

It was before the pandemic, she reflected, and employees needed to cancel their vacations because they were extremely shorthanded. They even started to hire unqualified people to meet growing demands.

"We have no choice but to take people who aren't trained and train them ourselves, so we're even more overworked," said Corbeil. "Money is great, but we need to see how they invest it to really help the worker shortage."

Myriam Lapointe-Gagnon, creator and spokesperson for #Maplaceautravail, a Facebook group dedicated to raising awareness about the shortage of spaces and workers in daycare across Quebec, said called the investment a "step in the right



MICHAEL BORIERO

Isis Dostie, executive director of CPE l'Oiseau d'or in Lennoxville

direction."

However, she doesn't think it is enough to address the current crisis. Lapointe-Gagnon said that the government made educators more frustrated, as they failed to strike the heart of the problem. Families are discouraged every day when it comes to these services, she said.

"The parents have to choose which ones will lose their job," said Lapointe-Gagnon. "There's a lot of violence, there's a lot of stress in the homes right now, and the children are paying for it."

The cost of living is going up, she explained, and yet early childhood educators are stuck with a "miserable salary." The past year has been stressful for CPEs, as well as at-home daycares, she said, they needed to manage

parents' stress.

They needed to respect restrictions and if a child was sick in the daycare, everyone needed to quarantine for two weeks, Lapointe-Gagnon continued. This profession is also comprised mostly of women, she said, and they continue to be ignored.

She is grateful for the government stepping in, but she wants them to re-evaluate how to treat workers in the childcare services network. Educators are quitting because they feel unappreciated, Lapointe-Gagnon added, they could make more working at a supermarket.

"They were all at risk, these women, and they did everything to support the families during the crisis and nobody cares about them," said Lapointe-Gagnon.

Covid update

CONT'D FROM PAGE 1

active case count, the situation in the Granit sub-region, was one of the most dire not just in the townships but across the entire province on Sunday, when seen in relation to its population. At 656.9 cases per 100,000 people, the level of infection in the sector has now surpassed that of the neighbouring Beauce region, which has been under special control

measures for more than a month to help contain spread. Information from last Thursday pointed to the communities of Lac Mégantic and Saint-Ludger as being particular hot spots, although updated information on the cases in individual municipalities is not updated by Public Health on the weekends.

In light of the severity of the

situation in the area, the CIUSSS de l'Estrie - CHUS announced the opening of a weekend testing centre in Lac Mégantic for the next three weeks.

There was one new death in the Townships over the weekend as a result of COVID-19, reported on Friday.

There were 20 local hospitalizations as of Sunday, and six people in intensive care.

Vaccination appointments open up today, May 3, for all those 45-49 years old across Quebec. Appointments will be opened for those 40-44 years of age on Wednesday of this week, with 35-39 year olds being added on Friday. A total of 3,218,214 doses had been administered as of Sunday morning, accounting for 36.8 per cent of the province's population.

EDITORIAL

As social development minister, Dryden was tasked with enacting then-prime minister Paul Martin's 2003 election campaign promise to establish a \$5 billion national child care program with the participation of all 10 provinces.

Mothers (and Ken Dryden) nurtured Canada's advances in child care



PETER BLACK

Stephen Harper's Conservatives won a minority in the January election and promptly cancelled the Liberals' daycare program, replacing it with \$100 a month per child payment to eligible parents.

Martin recalled Harper's killing of the child care program in the cradle with barely disguised bitterness. "The Conservatives cancelled an existing, operating child care plan that ... was under way. It was no mere promise. It was delivered within two years."

Added Dryden, dryly: "This got done - and then it got undone."

Finance Minister Chrystia Freeland saluted the Liberals' previous efforts in the budget speech announcing a \$30 billion/five year national program: "I was two years old when the Royal Commission on the Status of Women (1970) urged Canada to establish a universal system of early learning and child care. My mother was one of Canada's redoubtable second wave of feminists who fought - and outside Quebec, failed - to make that recommendation a reality."

"A generation after that, Paul Martin and Ken Dryden tried again. This half-century of struggle is a testament to the difficulty and complexity of the task. But this time, we're going to do it."

If you know a bit about Freeland's mother, Halyna Chomiak, you might understand her daughter's determination to see this through. Her 2007 obituary notes: "She was a lawyer, activist, teacher, community organizer, bookstore founder, cooperative housing pioneer, politician, student, and international legal reformer."

One of the "influencers" the Royal Commission mentioned above saluted was Laura Sabia, the Montreal-born



teacher and journalist who was the first chairperson of the National Action Committee on the Status of Women.

Sabia's son Michael, former head of Bell Canada and the Caisse de Dépôt et Placement du Québec, is now Freeland's deputy minister of finance.

Two children of passionate feminist activists found themselves with the power and the pursestrings to help make their mothers' dreams come true, at least as far as child care is concerned.

Then there's the pioneering feminist - and mother of four - who changed the daycare landscape in Canada, former Parti Québécois premier and minister of multiple portfolios, including finance, Pauline Marois.

In 1997, Marois fought for and established the centres de la petite enfance (CPE) program that was the inspiration for the federal Liberals 20 years ago and Chrystia Freeland and company today.

Marois recalled in an interview a few years ago how she met resistance at the time from colleagues who believed the state had no place in the nursery schools of the nation.

In her budget speech, Freeland, mother of three children, thanked "the visionary leaders of Quebec, in particular the feminists of Quebec, who have shown the rest of Canada the way forward."

Last week, Marois returned the favour. While noting their political differences, she applauded Freeland for her determination in making daring decisions. "I believe the fact she is a woman and that she calls herself a feminist tipped the scales on the side of childcare services."

As we mark Mother's Day, it may be worth noting how crucial a role mothers have played in nurturing Canada's progress in child care. Not forgetting, of course, papa Ken Dryden.

Letters

DEAR EDITOR:

Our friends, the bees, are in decline. They are vital for food production, and there is a simple way to help them out. For the month of May, leave a portion of your lawn uncut to create a patch of clover, for the bees to feed on.

REGARDS,

PHIL TAYLOR
LENNOXVILLE

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.

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School board swears in new commissioner

By Matthew McCully

During last week's Eastern Townships School Board (ETSB) council of commissioners meeting, the board welcomed new parent commissioner Eliza McKnight.

She will represent parents on the special education advisory committee (SEAC). McKnight replaces Ryan Darwin, who resigned his seat in February.

Appalachian Teachers' Association President Megan Seline brought a number of questions to the board during last Tuesday evening's meeting.

In recent months the ETSB changed the deeds of establishment at Waterloo Elementary, leaving the door open to explore the possibility of offering Secondary 1 at the school.

Seline asked the board on Tuesday whether Waterloo would have a Secondary 1 at the school next year. ETSB Chairman Michael Murray replied no.

Next, Seline confronted the board about its decision to pivot to online learning the day of the April 14 strike action, a move that was highly criticized by unions as using pandemic emergency measures to counter the disruption imposed by the strike.

In hindsight, Seline asked, what would the board do differently?

Murray said it was a complex question, and the board would take it under advisement and get back to Seline.

The union president then asked what funds, if any, were available to the board to cover Covid-related costs.

Murray said the board was told it would be reimbursed afterwards; pointing out it is an open-ended operation with costs still being

incurred at the moment.

Given the limited accessibility of vaccination appointments, Seline asked if the board could request vaccination be done in schools for teachers. Murray said the ETSB made the request two-and-a-half months ago, to no avail. He added that he believes the local health authority hasn't yet reached a point where they are able to do that, but they should be able to soon.

Seline then asked about the potentially toxic grey and blue SNN200642 masks, distributed in schools. She wondered which schools had them, and how the ETSB planned to address potential teacher health issues related to use of the masks.

Murray was under the impression only secondary schools had been given the masks, and they have since been recovered and put into containers to prevent exposure to toxicity. "So far, we have no indication there were, or are, any consequences from when they were in use," the chairman said.

Seline's final question, covered in a previous article in The Record, was on behalf of a trans student asking the ETSB to consider the use of the they/them pronoun in board correspondence in an effort to be more inclusive.

Murray dismissed the request, leaning on the importance of educators maintaining proper grammar. The chairman, however, in a later statement, gave his comment context. According to Murray, his intention was to explain that the pronoun conversation seemed trivial compared to the choices made by the board, which he said clearly respects all orientations.

Washrooms in the new school in Drummondville will be gender non-specific, Murray pointed out,

and as older schools are renovated, wherever the structures permit, the board is converting to gender non-specific washrooms. "I believe actions speak louder than words," Murray commented.

ETSB Director General Michel Soucy's monthly report was brief and to the point, explaining that because of ongoing collective agreement negotiations, disruptions in services are possible. Soucy said while the disruptions may cause inconveniences, the board always puts student and staff safety first when making decisions.

During committee reports, audit committee announced that 12 ETSB elementary schools will be involved in Phase A of the Ecoenergetic project.

Ayer's Cliff, Butler, Cookshire, Heroes' Memorial, Knowlton Academy, Mansonville, North Hatley, Parkview, Sawyerville, Saint-François, Sunnyside and Sutton Elementary will be getting an energy efficiency makeover, including an upgrade of the heating/cooling systems.

Educational Services committee pointed out that there is a lot of funding available for projects, and is looking for ways to help schools, many of which don't have the time or resources to write grants and apply. "We could be taking advantage of that," commissioner Mary Kirby said, adding it would be a worthwhile project for the board to support centrally.

Bus purchases were again the topic in transportation committee. New busses will be in for the coming school year, Commissioner Gary Holiday pointed out, adding the government wants more electric busses on roads. "Next year there will be more electric busses purchased," Holiday said, but at the moment there is only one Canadian supplier,

so addressing maintenance and repairs is still an issue that needs to be looked at. In some cases there are electric busses sitting off the road for two weeks at a time, Holiday said.

Massey-Vanier was the topic of some conversation at last week's meeting. Because of the government-imposed 20-minute recess elementary schools needed to add to their schedules last year, there are eight or nine busses worth of MVHS students waiting outside for extended periods.

Fixing the problem would require restructuring the schedules at MVHS. Since it is a shared campus with Val-des-Cerfs service centre, unless they changed as well, there would be chaos in the school, with bells ringing every 15 minutes. Chairman Murray pointed out that in this day and age, ringing bells to change classrooms could be done away with.

"Why don't we start with that?" he asked.

Reporting on the Quebec English School Boards Association (QESBA), Murray said the Bill 40 challenge concluded, but a ruling isn't expected for some months.

Murray drew attention to strike action involving professionals last week, and support staff planned May 4. "We depend on what the government decides to tell us," Murray said, regarding collective agreement negotiations. "It's only members of the treasury board. There is no input at all from the education side."

During commissioner comments, there was a discussion about trying to figure out what could be done with the thousands of discarded masks from schools.

The board agreed it is an issue that needs to be resolved, but there is no solution to offer yet.

Quebec raises minimum wage

Record Staff

Jean Boulet, Quebec's Minister of Labour, Employment and Social Solidarity, announced over the weekend that the minimum wage in the province is now \$13.50 per hour, or \$10.80 for those working jobs with tips. This represents an increase of 40 cents from the previous rate.

"As the current state of the health crisis has repercussions on the entire labor market, we have taken these issues into consideration to determine the increase this year," Boulet said. "This increase allows us to reduce poverty without harming the competitiveness of businesses, our objective being that everyone can participate in our collective enrichment."

The new rate is 50 per cent of the average hourly wage in Quebec.

Despite Boulet's positivity about the change, the local committee of the world march of women (MMF-Estrie) held a demonstration at the corner of King West and Jacques Cartier Streets in Sherbrooke on Saturday to argue that the change is not enough.

"There are around 260,000 people paid at minimum wage (in Quebec), but this number increases to over 800,000 people for those between the minimum wage and an hourly rate of \$15.00," said Manon Brunelle, regional co-spokesperson for the MMF-Estrie committee and coordinator of Illusion Emploi de l'Estrie. "Women are in the majority in this category, holding low-wage,

precarious and part-time jobs."

According to the press release issued alongside the announcement, there are 287,000 minimum wage workers in Quebec, 164,700 of which are women.

Arguing that an insufficient minimum wage leaves people in a variety of circumstances vulnerable to poverty and a range of social and societal consequences that go along with it, the protestors called for an increase to or beyond \$15 per hour.

"We would like to remind governments that the post-covid economic recovery must also be social, feminist and a substantial increase in the minimum wage to \$15 would be a step in the right direction," the committee added in a written statement.



THE CANADIAN PRESS/GRAHAM HUGHES

Jean Boulet, Quebec Minister of Labour

We all want to know more about COVID-19 vaccination



COVID-19 vaccination in Québec began in December 2020 as part of a massive effort to prevent serious complications and deaths related to COVID-19, and stop the virus from spreading. Through vaccination, we hope to protect our healthcare system and allow things to return to normal.

A VACCINATION OVERVIEW

Why get vaccinated at all?

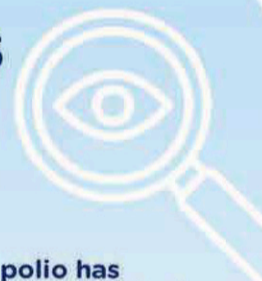
There are many reasons to get vaccinated (all of them good), including protecting ourselves from health complications and the dangers stemming from infectious diseases, as well as making sure they don't resurface.

How effective is vaccination?

Vaccination is one of medicine's greatest success stories and the cornerstone of an efficient healthcare system. That said, as with any medication, no vaccine is 100% effective. The efficacy of a vaccine depends on several factors, including:

- The age of the person being vaccinated
- Their physical condition and/or state of health, such as a weakened immune system

THE IMPACT OF VACCINES AT A GLANCE



- The World Health Organization (WHO) estimates that vaccination helps **prevent over 2 million deaths** every year, worldwide.
- Since the introduction of vaccination programs in Canada in 1920, **polio has been wiped out** across the country and several other illnesses (such as **diphtheria, tetanus** and **rubella**) have virtually disappeared.
- **Smallpox** has been **eradicated** throughout the world.
- The main bacteria responsible for **bacterial meningitis** in children—*Haemophilus influenzae* type B—has become **much rarer**.
- **Hepatitis B** has for all intents and purposes **disappeared** in young people, due to their having been vaccinated in childhood.



COVID-19 VACCINES

Are the vaccines safe?

Definitely. COVID-19 vaccines have been tested for quality and efficacy on a large scale and passed all necessary analysis before being approved for public use.

All required steps in the vaccine approval process were stringently followed, some simultaneously, which explains why the process went so fast. Health Canada always conducts an extensive investigation of vaccines before approving and releasing them, paying particular attention to evaluating their safety and efficacy.

Who should be vaccinated against COVID-19?

We aim to vaccinate the entire population against COVID-19. However, stocks are limited for now, which is why people from groups with a higher risk of developing complications if they are infected will be vaccinated first.

Can we stop applying sanitary measures once the vaccine has been administered?

No. Several months will have to go by before a sufficient percentage of the population is vaccinated and protected. The beginning of the vaccination campaign does not signal the end of the need for health measures. Two-metre physical distancing, wearing a mask or face covering, and frequent hand-washing are all important habits to maintain until the public health authorities say otherwise.

On what basis are priority groups determined?

The vaccine will first be given to people who are at higher risk of developing complications or dying from COVID-19, in particular vulnerable individuals and people with a significant loss of autonomy who live in a CHSLD, healthcare providers who work with them, people who live in private seniors' homes, and people 70 years of age and older.

As vaccine availability increases in Canada, more groups will be added to the list.

Order of priority for COVID-19 vaccination

- 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 Everyone at least 80 years of age.
- 6 People aged 70-79.
- 7 People aged 60-69.
- 8 Adults under the age of 60 with a chronic disease or health issue that increases the risk of complications from COVID-19.
- 9 Adults under the age of 60 with no chronic disease or healthcare issues that increase 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.

Can I catch COVID-19 even after I get vaccinated?

The vaccines used can't cause COVID-19 because they don't contain the SARS-CoV-2 virus that's responsible for the disease. However, people who come into contact with the virus in the days leading up to their vaccination or in the 14 days following it could still develop COVID-19.

Is COVID-19 vaccination mandatory?

No. Vaccination is not mandatory here in Québec. However, COVID-19 vaccination is highly recommended.

Is vaccination free of charge?

The COVID-19 vaccine is **free**. It is only administered under the Québec Immunization Program and is not available from private sources.

Do I need to be vaccinated if I already had COVID-19?

YES. Vaccination is indicated for everyone who was diagnosed with COVID-19 in order to ensure their long-term protection. Nonetheless, given the current limited availability of the vaccine, people that contracted COVID-19 should wait 90 days from when they were diagnosed before being vaccinated.

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

1 877 644-4545

Québec 

Death

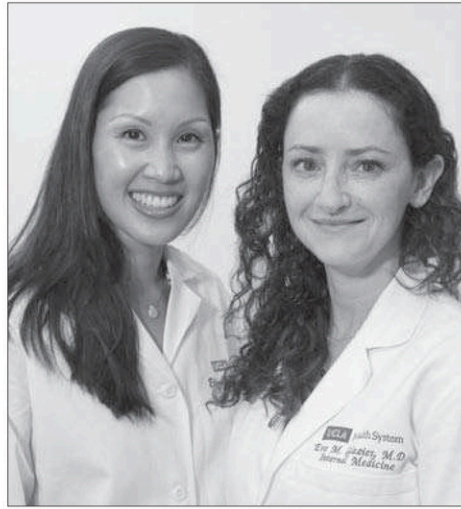

**Karen
TAYLOR**
**June 8, 1960 -
April 24, 2021**

At the Hotel-Dieu Hospital (CHUS), Sherbrooke, on Saturday,

April 24, 2021, Karen Ann Taylor of Cleveland, Quebec; in her 61st year. The loving and devoted mother of Kyle Sutherland and Robyn Sutherland, both of Calgary. Also survived by her partner Tim Phelan of Calgary; sister Katherine (Gary McCormick) of Lennoxville, brothers Berkeley of Montreal, Scott (Carolyn Sharp) of Elora, and Michael (Amy Taylor) of Hamilton. Loving aunt of Kieran McCormick and Addison Taylor. Dear daughter of the late Bruce Taylor and the late Maureen (nee Kent). Karen will be dearly missed by all of her family and her many friends who will remember her friendship, generosity, compassion, and wonderful sense of humour. Our lives were enriched by knowing her.

Special thanks to all the staff at the Wales Home for their dedicated and compassionate care for Karen over the past three years.

At Karen's request, there will be no service. Private interment to follow. In lieu of flowers, donations to the Wales Home (Cleveland, Quebec) or the SPCA would be appreciated by the family.


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

Dear Doctor: This year for the kids' summer vacation, we're renting a cabin up in the mountains. My question is, what kind of a first-aid kit should I put together? We will be there a week. We have three very busy boys, who are 8, 11 and 13, and a 4-year-old girl.

Dear Reader: It's a great idea to pack a first-aid kit whenever you travel. And with four active children running around in an unfamiliar home and in the great outdoors for a week, it's important to be prepared for a range of emergencies.

Pre-packaged kits are available for sale, or you can easily put together a kit tailored to the needs of your family. Use a waterproof container large enough to

store everything you'll need, and make a checklist to keep things organized. It's also helpful to get local medical information from the landlord, including the location and contact information for the nearest pharmacy and urgent care center.

As for what to pack, start with any prescription medications or products your family uses. Bring enough for the trip, plus a few extra days in case plans change. Pack prescription meds in their original containers, which include the patient's name, dosage instructions and information about refills. If you've got spares of prescription glasses, bring those along, too, just in case. If someone in the family uses a hearing aid, don't forget extra batteries. If someone in the family has a chronic condition, such as diabetes or a serious allergy, consider a medical alert bracelet.

You'll most likely be dealing with a range of minor medical situations. These include sunburn, insect bites, rashes, scrapes, cuts, sprains, upset stomachs, nausea, headaches, coughs and colds, and diarrhea. That means packing acetaminophen, ibuprofen or aspirin for pain and inflammation; antihistamines for anyone with an allergy; over-the-counter meds for nausea and motion sickness (this last one you might want to keep at the ready while driving); and also antacids for too-adventurous eating. Just in case, bring cold and flu meds for both children and adults.

For wound care, you'll need an assortment of adhesive bandages, as

well as antibiotic ointment for cuts, scrapes and burns. Elastic wraps, plus safety pins or other closures, will help with ankle, wrist and knee sprains. Hopefully, you won't need them, but gauze rolls and 2- and 4-inch pads (plus adhesive tape to secure them) will take care of larger injuries. You'll want hydrogen peroxide to clean all sizes of wounds.

In the lotion category, you'll want to bring plenty of sunscreen, calamine lotion for run-ins with poison oak or poison ivy, hydrocortisone cream to deal with the itch from rashes, and aloe vera gel to soothe a sunburn. You'll never regret packing bug spray, but, again, be sure to get products that are appropriate for both children and adults.

Useful tools include tweezers for splinters and bee stings, round-tipped scissors for cutting gauze and bandages to size, a thermometer, and antiseptic wipes to keep in a pocket or backpack. If anyone in the family has a severe allergy, you'll need an EpiPen or other type of epinephrine auto-injector.

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.)

Datebook

MONDAY, MAY 3, 2021

Today is the 123rd day of 2021 and the 45th day of spring.

TODAY'S HISTORY: In 1802, Washington, D.C., was incorporated as a city.

In 1921, West Virginia approved the first state sales tax.

In 1973, construction was completed on Chicago's Sears Tower (later renamed the Willis Tower), the tallest building in the world at the time.

In 2006, the jury in the trial of Zacarias Moussaoui, convicted of con-

spiracy in the 9/11 terrorist attacks, recommended a sentence of life in prison.

TODAY'S BIRTHDAYS: Niccolò Machiavelli (1469-1527), statesman/philosopher; Golda Meir (1898-1978), Israeli prime minister; Bing Crosby (1903-1977), singer/actor; Pete Seeger (1919-2014), singer-songwriter; Sugar Ray Robinson (1921-1989), boxer; James Brown (1933-2006), singer-songwriter; Frankie Valli (1934-), singer; Greg Gumbel (1946-), sportscaster; Amy Ryan (1969-), actress; Bobby Cannavale (1970-), actor; Christina

Hendricks (1975-), actress; Dule Hill (1975-), actor; Eric Church (1977-), singer-songwriter; Cheryl Burke (1984-), dancer.

TODAY'S FACT: Residents of Washington, D.C., did not receive the right to vote in presidential elections until the 23rd Amendment was passed in 1961.

TODAY'S SPORTS: In 1987, Julius "Dr. J" Erving of the Philadelphia 76ers played his final game, finishing with 30,026 points, 10,525 rebounds and 5,176 assists in his professional

basketball (ABA and NBA) career.

TODAY'S QUOTE: "The first method for estimating the intelligence of a ruler is to look at the men he has around him." - Niccolò Machiavelli, "The Prince"

TODAY'S NUMBER: 1,353 - height (in feet) of the Willis Tower Skydeck, making it the highest public viewing area in the United States.

TODAY'S MOON: Last quarter moon (May 3).

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:

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WEDDING WRITE-UPS:

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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

Your Birthday

MONDAY, MAY 3, 2021

- ACROSS**
- 1 Leave out
 - 5 "Just as I thought!"
 - 8 Barn topper
 - 12 Ms. McEntire
 - 13 Figure-head's place
 - 14 "The Mammoth Hunters" writer
 - 15 Furrowed
 - 16 Captain Picard series (2 wds.)
 - 18 Net surfer
 - 20 Arid
 - 21 Classified items
 - 22 Do over
 - 25 Madrid article
 - 28 Units of work
 - 29 Rocky Mountain state
 - 33 Acid neutralizer
 - 35 Jungle knife
 - 36 Paper holder
 - 37 Pump choice
- DOWN**
- 1 Sitcom planet
 - 2 What's cooking
 - 3 Egret cousin
 - 4 Spud
 - 5 Pecs' partners
 - 6 Ballgame fare (2 wds.)
- 39 Barks shrilly**
- 40 Bring up a child
 - 42 Watch
 - 43 Vast
 - 46 Pool hall item
 - 49 Elev.
 - 50 Tiny tastes
 - 53 Front
 - 56 Like vampire movies
 - 58 Flat-needled trees
 - 59 Heifer's mouthful
 - 60 — spumante
 - 61 Suit, for short
 - 62 Ave. crossers
 - 63 "Saving Private —"

Answer to Previous Puzzle

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

- 7 Trophies
- 8 Dye container
- 9 Faint glow
- 10 Exigency
- 11 Yellow-stone sight
- 17 Type of bread
- 19 Film holder
- 23 X-ray kin
- 24 Oil job
- 25 Delicate
- 26 Mexican pot
- 27 Overlook
- 30 Pitch
- 31 Not into the wind
- 32 Golfer's target
- 34 Lhasa —
- 37 Rather or Aykroyd
- 38 Orchidlike flower
- 40 Antiques
- 41 Go for pizza, say (2 wds.)
- 44 Lemon or clunker
- 45 Stogie
- 46 Eating place
- 47 PC system
- 48 To be, in Bordeaux
- 51 Bouquet
- 52 Young lady of Sp.
- 54 PC abandon key
- 55 Hwys.
- 57 Feminine principle

When obstacles appear, be innovative, and you'll find a way to outmaneuver anything or anyone who gets in your way. Step outside your comfort zone and focus on getting things done. Make changes for the right reasons. Don't let anyone bully you. Moderation and practicality will be key.

TAURUS (April 20-May 20) - Take care of responsibilities without complaining. Don't exaggerate or make unrealistic promises. Control your emotions to avoid coming across as erratic or unprofessional.

GEMINI (May 21-June 20) - Listen and observe. Keep your plans to yourself. An opportunity looks inviting but will require your undivided attention. Don't take on more than you can handle. Focus on what's important.

CANCER (June 21-July 22) - Charm coupled with intelligence will help you win support. Take a unique approach to whatever you do. Take matters into your own hands and show off your leadership skills.

LEO (July 23-Aug. 22) - Be careful how you handle others. Don't reveal your intentions, or someone will try to take charge. Invest time and money in your skills, and nurture relationships with important people.

VIRGO (Aug. 23-Sept. 22) - You will pick up valuable information if you sign up for a course, talk things over with a friend, relative or colleague or connect with someone who can help you expand your horizons.

LIBRA (Sept. 23-Oct. 23) - Look for a way to improve your surroundings

without going into debt. Don't get involved in a joint venture that is risky or expensive. Avoid indulgence. Do the work yourself.

SCORPIO (Oct. 24-Nov. 22) - Personal problems will mount if you are honest about your feelings and desires. Deal with demanding people without hesitation. It's time to set the record straight. Stick to the truth.

SAGITTARIUS (Nov. 23-Dec. 21) - You'll have some good ideas. Refuse to let someone interfere with your plans. An affordable, straightforward approach will ensure success. It's time to make some long overdue changes.

CAPRICORN (Dec. 22-Jan. 19) - Take charge and be responsible for your happiness. Make a lifestyle change that will help eliminate unnecessary debt and set your mind at ease. Love and romance are on the rise.

AQUARIUS (Jan. 20-Feb. 19) - Look at the logistics and cost of a planned project. Don't get into an argument with a friend, relative or neighbor over something you cannot change. Focus on self-improvement.

PISCES (Feb. 20-March 20) - You are overdue for a change, but before you make a move, consider what you could be giving up. Time is on your side, and using reason and intelligence will prevent you from making a mistake.

ARIES (March 21-April 19) - Be a good listener, and verify the information you receive before passing it along. An opportunity will have hidden ramifications that need adjusting before you move forward. Work alone, if you can.

MONDAY, MAY 3, 2021

It is best to be both good and lucky

By Phillip Alder

Ernest Hemingway wrote in a letter to F. Scott Fitzgerald, "The good parts of a book may be only something a writer is lucky enough to overhear or it may be the wreck of his whole damn life - and one is as good as the other."

Many say that it is better to be lucky than good, but at the bridge table and in sporting arenas, the better one plays, the more favorable breaks seem to come one's way.

In today's deal, North-South reach six spades. How should South play after West leads the diamond queen?

Three spades was a game-invitational limit raise showing an eight-loser hand with four or more trumps. South, with a four-loser hand (remember that you deduct one loser for a known 10-card or better fit), bid what he thought he could make.

Six spades is a fair contract, needing an opponent to have a singleton spade king or the defender with the doubleton spade king to have at most two clubs. If only dummy had held a third heart, there would have been fewer problems.

After winning with the diamond ace,

North		05-03-21	
♠	Q 7 5 4		
♥	Q J		
♦	K 6 3		
♣	K 7 4 3		
West		East	
♠	K 10	♠ J	
♥	8 7 5 4 2	♥ 10 9 6 3	
♦	Q J 10 8	♦ 9 7 5 2	
♣	J 8	♣ Q 10 9 6	
South			
♠	A 9 8 6 3 2		
♥	A K		
♦	A 4		
♣	A 5 2		
Dealer: South			
Vulnerable: North-South			
South	West	North	East
1♠	Pass	3♠	Pass
6♠	Pass	Pass	Pass
Opening lead: ♦ Q			

South cashed the spade ace, getting the good news (no 3-0 break) and the bad news (no singleton king). He took his two heart tricks, led a diamond to dummy's king, ruffed the last diamond, cashed the club ace and played a club to dummy's king. With the partial elimination complete, declarer gave West his trump trick.

South's luck was in: West had to return a red-colored card, permitting declarer to ruff on the board (the shorter-trump hand) and to sluff his losing club.

CELEBRITY CIPHER

by Luis Campos

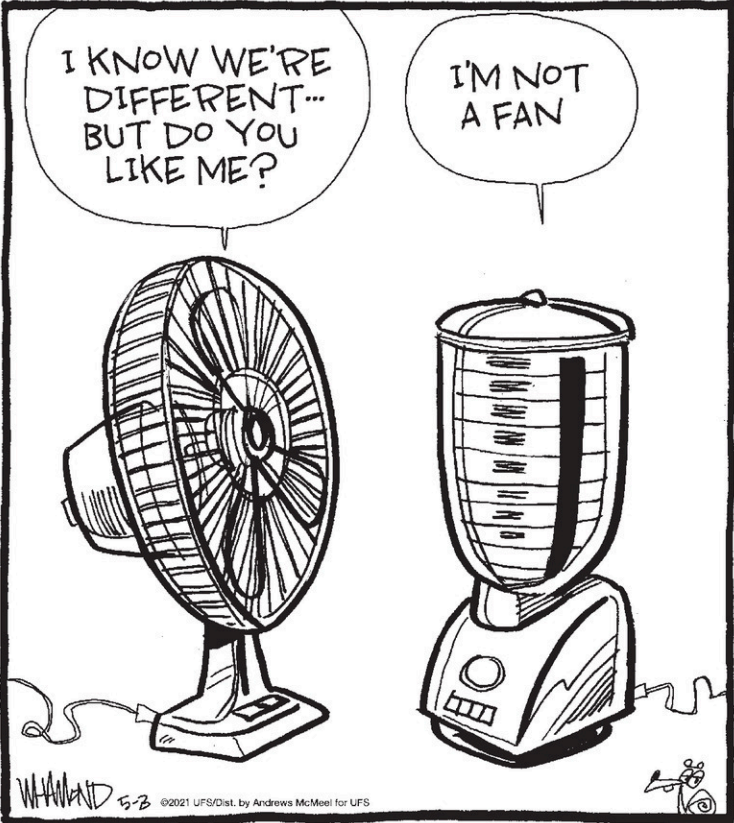
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"N' F KNERVNT E, HRYVRYJ NV 'W
CGGDJCVY SJ TSV, C XYJGYXVNST
VRCV N EYV SK XYSXBY VRNTINTE N' F
ADFP." — PSPPL GCTTCZCBY

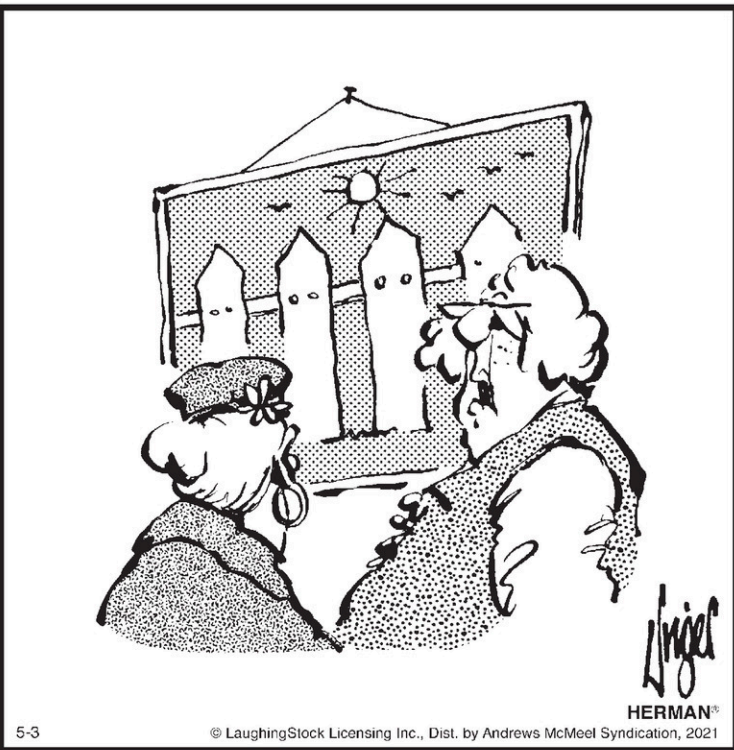
Previous Solution: "When you touch and change people's lives with a song, that's when you've made it as an artist." — Tim McGraw

TODAY'S CLUE: *a l e n b a v*

REALITY CHECK



HERMAN



"So I said, 'If you wanted to do something useful around here, why don't you paint the fence?'"

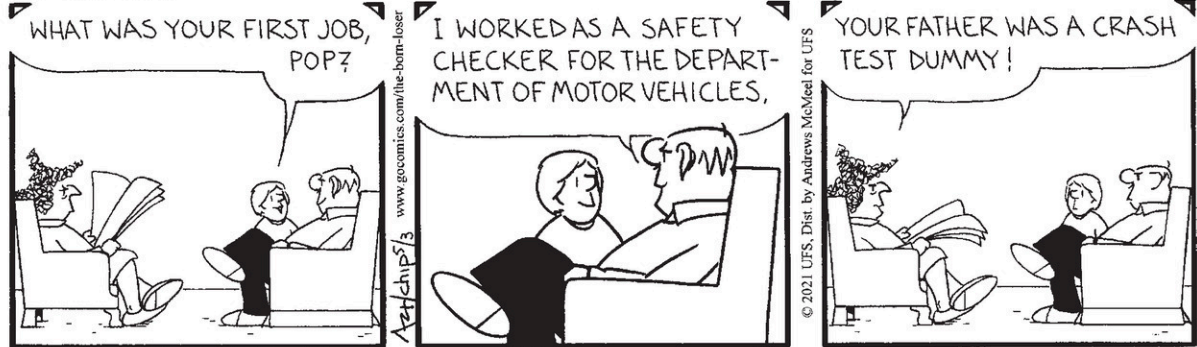
ALLEY OOP



ARLO & JANIS



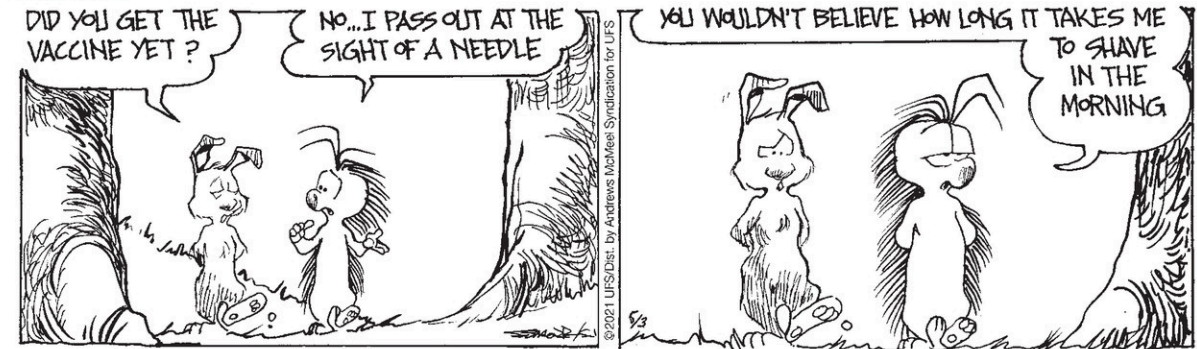
THE BORN LOSER



FRANK AND ERNEST



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Deadline: 12:30 p.m. one day prior to publication
 Or mail your prepaid classified ads to
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Choose and commit

Dear Annie

Dear Annie: I'm so confused, and I don't know what to do. I have been married for four months, and I truly love my husband and believe that he loves me.

My problem is that he cheated on me about two years ago with multiple women, and not only that, he proposed to one of them. It's a long story. But since then, he's been the perfect guy - the person I met six years ago.

I can't seem to get past all the things he did to me before we were married. I cry daily even though it's been two years since it happened. He does everything for me, but I'm very unappreciative. Should I just call it quits and move on? This is the only way I believe I'll get over this. What do you think? - Need Answers

Dear Need Answers: The best way to stop agonizing over this is to make a decision and stick with it, no matter what. You could choose to stay with him if you truly believe that he has changed. If so, you must forgive him and put the past in the past - for good. The worst type of suffering we inflict on ourselves is living with resentment and anger. By setting him free, you will set yourself free, too.

On the other hand, if you cannot truly forgive him, you have to break up with him, as living in an ungrateful and angry state will only cause a further divide in your relationship.

You have the power to move on either way. You just have to choose.

Dear Annie: My son has been married twice and has a son from each marriage. The sons are 25 years apart. The older one is married and lives in another state. He does not stay in touch with family here as he should, so I decided to do a search online for him. I was shocked!

He is listed as a child sex offender! My son's younger son just turned 5, and I worry because my son keeps saying he wants to visit his oldest so the brothers can bond. I am also heartbroken, since I helped raise my oldest grandson and he was a very sweet child. Should I tell my son or keep quiet? - Heartbroken

Dear Heartbroken: I understand your shock and hurt. You have to tell your son about this. Your oldest grandson should not be anywhere near children, including his younger brother. Since you helped raise him, reach out to him and make sure that he is in treatment and has a great psychiatrist.

Dear Annie: I am a 74-year-old woman. I have two sisters, both of whom are older than me. I just had a heart attack in February. Since then, I have not heard from either one. Not even a hello. I'm not asking for sympathy, but they don't even ask how I am doing. It has been hard at times. I am going to cardiac rehab, which I know will help in time.

The thing that bothers me the most is that I see them on Facebook sending comments to others who are ill. And birthday wishes. I have sent them birthday wishes and called or sent get well wishes. What should I do? - Feeling Hurt

Dear Hurt: I'm glad you are on the mend and taking the necessary steps to better your health. Sometimes we are looking for sympathy, love and kindness from others when we really need to give all of that to ourselves. Be kind to yourself and your body first. Then call your sisters and tell them how much you miss them.

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

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

5/3

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PREVIOUS SOLUTION

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

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



SEEKING VOLUNTEERS!

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