

Quebec reports three more deaths, 12 patient drop in hospitals

The Canadian Press

Quebec reported three more deaths attributed to the novel coronavirus on Monday and a 12-patient drop in COVID-19 hospitalizations.

The Health Department said 2,170 patients were hospitalized with the disease after 97 people were admitted in the past 24 hours and 109 were discharged. There were 78 patients in intensive care, an increase of three over the same period.

Health officials said 7,377 health network employees were absent due to COVID-19.

The province reported 906 new COVID-19 cases confirmed through PCR testing, with 9.2 per cent of tests conducted Sunday coming back positive.

Quebec has reported 15,009 deaths since the beginning of the pandemic.

The province has started publishing data on fourth doses of COVID-19 vaccine, and officials said Monday about 10 per cent of residents aged five and older have received one.

About 94 per cent of the more than 802,000 fourth doses administered in the province have been to people aged 60 and older.

Authorities said 91 per cent of Quebecers over the age of five have received a first dose of vaccine while 54 per cent have received at least three doses.

Lennoxville Elementary becomes Santé globale school



CASSIE MACDONELL

Lennoxville Borough President poses for a picture with key Lennoxville Elementary staff and the founder of Le Fondation Santé globale after the assembly. From left to right: Marc Perron, Founder of Le Fondation Santé globale; Guillaume Lirette-Gélinas, Lennoxville Borough Councillor for Fairview; Claude Charron, Lennoxville Borough President; Isabelle Desbiens, teacher and member of the Healthy School Committee; Dawn Irving, Lennoxville Elementary School principal; and Tracy Bingham, teacher and member of the Healthy School Committee.

By Cassie MacDonell
Local Journalism Initiative

Lennoxville Elementary School announced on Monday morning that has become the newest member of Le Programme Santé globale. The program provides resources to help its member

schools build an environment that supports the intellectual, physical, emotional, and social dimensions of all students through physical activity. Students will learn the importance of healthy lifestyle habits through the regular practice of exercising, primarily outdoors. Lennoxville Elementary

is the 43rd school to join the program, and the second from the Eastern Townships School Board.

The official announcement was made at a school-wide outdoor assembly, with attendance from students, staff, and guests such as Lennoxville

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30% CHANCE OF
SHOWERS

HIGH OF 17
LOW OF 10



WEDNESDAY:
RAIN

HIGH OF 12
LOW OF 3



THURSDAY:
SUNNY

HIGH OF 12
LOW OF 2



FRIDAY:
SUNNY

HIGH OF 10
LOW OF 5



SATURDAY:
SUNNY
HIGH OF 16
LOW OF 3

Night of the flood...of words



DISHPAN HANDS
SHEILA QUINN

At some point, it felt like every person present was going to speak, seated, standing, taking their time, short and sweet... it wasn't planned or expected and sometimes that's how the best things happen.

Last Friday evening, April 29th, 2022, after the common two-year hiatus experienced regarding many events, the Champlain Students' Association held its Volunteer Appreciation Banquet in The Gait, the pub in the heart of campus at Bishop's University and Champlain College Lennoxville.

The event was a true campus affair - catered by Sodexo, the campus food services.

All students who do volunteering, either in their communities, with sports teams, tutoring, on student council, as part of the Cougar Ambassador team, within their programs, were invited to attend. Numbers for this event vary - it's the end of the semester and students are tired, busy, preparing to move, working, studying. The final tally was 30 in attendance including a few folks employed by the College and the Students' Association.

They had chosen the meal options, sent out the invitations, reminded each other to dress up.

We just weren't expecting so many of them to feel moved to speak.

Maybe it was the seating arrangement that provoked part of it. The intimate number meant that tables had been arranged in the shape of a square. Everyone seated could see one another. The CSA President, Malayha Vaillancourt, second year

student in Special Care Counseling, gave a speech that was as formal as it was familiar - there was praise and recognition, very personal moments for those who had made particular efforts throughout the year. She received an equal response of love and support in applause.

Next to speak was Alexandre Mador, Health Sciences student graduating class of 2022, who is jokingly referred to as the Walking Encyclopedia of Champlain. He sat on every committee at the College except one. He is known for being direct and fact-based, no-nonsense, highly inquisitive and ultra-rational. He is also fun-loving and reliable. He has big plans for the future, and will be attending Bishop's University in the Fall.

Thus began a landslide...wait, that sounds like too much somehow - it was more like sunlight breaking through clouds. One beam after another pierced.

Anyone who has worked in a school or been associated with one for the past few years in particular knows how much our students have suffered. If you doubt that, I invite you to reach out and listen to what it's been like. Constant pivoting, fear, anxiety, constant change, unpredictability, more pivoting, working conditions for learning that make absorption of information so much more difficult.

We will see the impact of this experience, the milestones missed more in the future, of that I am certain - because we are telling them to just keep holding space, but so many are upset, uncertain, taxed and sore, bottling and attempting to contain the unpleasant in order to carry on. And often socially clinging to one another for safety, predictability, stress-release, and this group was just like that.

They needed us, the leaders at school, but they needed each other more. Theirs was a different life raft.

In that dim dinner light, with the flickers of a few small battery-operated candles and the blue glow of the dance floor beyond, one after another the students decided to speak around the linen-white square of tables. They spoke of being

grateful for their experience, happy they took chances in being involved in leadership, they spoke about who they have become in their years with us. Everyone sat and listened while each person spoke.

It was like a strange communion. An unplanned share. And it was absolutely pure gold for everyone there. Words about struggle, acknowledgement of admiration of one another, thanking each other for specific experiences, laughter, and even those who hadn't participated in the larger group leadership experience had things to say.

Out poured the truth of the evening. A kind of contentment of their College experience in spite of it being unpleasant circumstances and conditions for learning, growing and forming community. Out poured the heartbreak of depression and thoughts of suicide, of their own identities struggling to form under the oppression of the pandemic.

The leadership finally spoke, each of us - Dean of Student Services, Recreational Activities Technician and General Manager of the CSA - holding back tears and then letting them flow, as this dynamic, active, curious young community builders wraps up the year, and for many of them, their time with us.

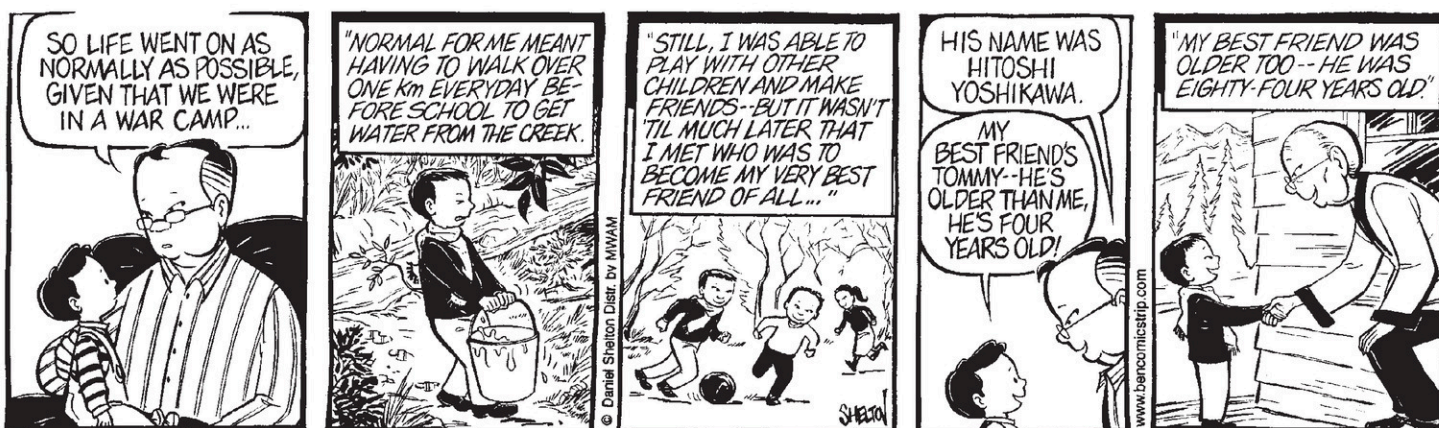
It didn't feel like we got to do enough - but honestly it never quite does. CÉGEP is such a precious, unique, powerful opportunity for learning and growth, and it is also fleeting. Two or three years simply flies by, and we witness their awkward arrivals, their growth in all its phases and their departure.

Even though each year is the same pride, and the same letting go, it is unique, powerful and fresh every time, and so is the sting that goes with it.

Several of the students, CSA President Malayha Vaillancourt in particular on a few occasions, mentioned that the most precious thing we can give is our time - and we are all grateful that this extraordinary group of young people chose to spend these years with us.

Onwards to graduation - we couldn't be more proud of every one of you.

Ben by Daniel Shelton



Local News

The organization provided 3,900 interventions last year. IRIS Estrie is the last social line for many people, Aubé told The Record, sharing that the clientele they serve typically face discrimination, stigmatization and homelessness.

IRIS Estrie back in service, but future in doubt without new government funding

By Michael Boriero - Local Journalism Initiative

IRIS Estrie, an organization in the Eastern Townships that provides prevention services for sexually transmitted and blood borne infections (STBBIs), HIV, and hepatitis, has reopened its doors after shutting down last week to re-evaluate its financial situation.

Last November, IRIS Estrie Director Charlene Aubé told The Record that the organization would be facing significant challenges come March should they be unable to obtain a fresh round of financial aid from the federal and provincial government. The future is uncertain, she said.

"We finished the year at the end of March and we knew at that point that we didn't have any confirmation of new financing programs, so we had to reflect on which of our services we needed to cut first because realistically we can't do everything," Aubé explained on Monday.

IRIS Estrie launched a financial aid campaign last week. However, the organization was also forced to terminate its SuPAIR Aidant component, and 14 STBBI prevention seminars in high schools throughout

the region. Aubé has called on the CIUSSS de l'Estrie - CHUS for help.

"This is something that we've been doing for a long time and now we need to cross it out because right now I don't have the personnel to run the program and I don't have financing that is meant for this program, either," she said, referring to the STBBI prevention seminars.

According to Aubé, the bedrock of the organization's financial structure was supported by a recurring federal subsidy. However, it wasn't renewed this year. Although IRIS Estrie also receives financial support from Quebec, it isn't nearly enough to keep it afloat, she said.

The reality is the organization won't be able to hire new interveners with the current funds coming in, Aubé continued, adding that at this point, she can't guarantee that every intervener on staff right now will be paid a full year's worth of salary. It could also lead to personnel cuts.

"Presently, I have five people working full time, and I have two part-time interveners that are there for health prevention. I would say that in six months time, if we don't have confirmation for more financial aid, then I'll have to cut at least two or

three interveners," said Aubé.

The organization provided 3,900 interventions last year. IRIS Estrie is the last social line for many people, Aubé told The Record, sharing that the clientele they serve typically face discrimination, stigmatization and homelessness. But the organization is a safe haven.

"It doesn't matter what state they're in, there will always be someone here to help them. These people don't find help in the health network. They're people that don't have a lot of confidence in others, but they do trust us, and there will be a major hole in services without us," she said.

With a precarious financial situation threatening to unravel a 34-year-old essential health organization, Aubé has called on the population for donations. She has also invited Quebecers to check out the IRIS Estrie Facebook page to learn more about the GoFundMe fundraiser.

The "Riez-vous de nous? Financez IRIS Estrie!" awareness campaign launched at the end of April is also an important tool for residents who want to help, Aubé shared. A detailed explanation of how to participate in the campaign can be found on its Facebook page.

Aubé told The Record that IRIS Estrie has asked willing residents to copy and paste a pre-written message, calling out the lack of funding opportunities, as well as detailing what will happen should the organization shut down, and email it to various political and health leaders.

All of the necessary information, such as the emails of each of the concerned parties is posted on Facebook. Aubé added that the organization isn't close to a permanent closure just yet. They're going to do everything in their power to keep the doors open to the public.

However, if they're unable to secure a new round of federal funding, and the staff eventually dwindles down to only one intervener, she'll be forced to consider shutting down for good. This is also happening to other organizations, she noted. It's the nature of the funding game.

"There isn't a lot of money for community organizations, so when they call for projects, well, it creates a lot of competition between community organizations because everyone is in the same boat. We're not an isolated case, it's just that we're at our lowest right now," said Aubé.

Lennoxville Elementary

CONT'D FROM PAGE 1

Borough President Claude Charron and Borough Councillor (Fairview) Guillaume Lirette-Gélinas.

Tracy Bingham, Lennoxville Elementary teacher, began the assembly with an explanation of the Energy Cubes Challenge, a healthy living challenge for elementary students that asks participants to engage in as much physical activity at home and in school as possible.

The annual Québec-wide health event was created by the Grand défi Pierre Lavoie, a non-profit organization, to promote the benefits of a healthy lifestyle to elementary aged children. From May 2 to May 23, Lennoxville Elementary students and their families can collect an Energy Cube each time they engage in 15 minutes of physical activity. Each Energy Cube is added towards the school's total, which gives Lennoxville Elementary entries into a draw to win running shoes for all its students and teachers.

Only moments before the assembly, students were seen exercising as part of the challenge, no doubt made even more enjoyable by the sunny 18-degree weather. After the morning's physical activities, students each received two Energy Cubes for their efforts.

"We are going to challenge ourselves to put (game consoles) down and move our bodies more. I want you to try to notice how you feel," Bingham asked of

the students.

Isabelle Desbiens, Lennoxville Elementary teacher, then gave the big announcement. "We really want to focus on health and global health. Not just moving, not just eating well, not just sleeping well, but all of it together. We want to do this together as a big family," Desbiens explained to the students. "We thought in order to do this, we can join other people who are already doing this... schools all over Québec... a program called Santé globale."

A sign that identifies Lennoxville Elementary as a Santé globale school was then unveiled, which will later be displayed at the front of the school.

Both Bingham and Desbiens are part of Lennoxville Elementary's Healthy School Committee, a group that has been integral to the creation of these healthy living initiatives.

So, what does the status of a Santé globale school mean for Lennoxville Elementary?

Students will partake in an extra hour of French-instructed outdoor physical activity each week by participating in school-led activities such as hiking, skiing, and skating. In the classroom, students will learn about healthy eating, sleep patterns, stress management, first-aid, and how to balance a healthy lifestyle.

As part of the program, which

values an hour of physical activity daily, Desbiens announced that physical activity classes at Lennoxville Elementary will increase from a 45-minute period to a one-hour period, which drew a resounding cheer from the students.

Teacher Sigal Gandey said she believes the program will create more of a community, especially needed after covid. When asked about the benefits of the program, Gandey mentioned the Santé globale school identification means that Lennoxville Elementary will have access to the program's equipment borrowing system.

Gandey also expressed the school's intentions to have an outdoor activity trip in the spring and fall for each class. In the long term, Lennoxville Elementary hopes it can have overnight trips for its Grade 5 and 6 students.

In line with its dedication to outdoor education, Lennoxville Elementary will be host to a Forest and Nature School Practitioners Course with the Child & Nature Alliance of Canada (CNAC). The in-person portion of the course will run from June 26 to 30.

The program teaches hard skills, such as fire building, in addition to practical tips and recommendations for the day-to-day operations of a Forest/Nature program.

The course has 23 participants, the majority being teachers

and other school board members, but has a few spots left open for the community at a cost of \$1,750 per participant.

If interested, please contact Isabelle Desbiens via email at desbiensi@edu.etsb.qc.ca for more information.



CASSIE MACDONNELL

Students and staff watch as the sign that identifies Lennoxville Elementary School as a Santé globale school is unveiled.

I wish I had a baseball



DIAN COHEN

Humans are hard-wired to react to immediate danger. A loud bang, a raised fist, a baseball in your face pumps adrenaline into your bloodstream, increases your heart rate and triggers a fight-or-flight response. We've been doing this for several million years so we do it automatically.

Humans are also adaptable creatures, and just a hundred thousand or so years ago we learned a new trick: to predict the timing and location of dangers before they actually happened. As Bruce Shneier wrote in a Wired magazine article, "Our ability to duck that which is not yet coming is one of the brain's most stunning innovations, and we wouldn't have dental floss or [RRSPs] without it. But this innovation is in the early stages of development. The application that allows us to respond to visible baseballs is ancient and reliable, but the add-on utility that allows us to respond to threats

that loom in an unseen future is still in beta testing."

Which brings us to the most recent Statistics Canada release of Canadian demographics that has been "breaking news" for the last week – Canadians are getting older fast and looking after all these old people is going to cost a lot more.

I've seen this movie before. The Baby Boomers – those born between 1946 and 1964 are now between 58 and 76 years old. They have shaped Canadian society since they emerged from the womb – fads and trends and the need for more schools and universities and now to ... stuff we haven't yet put in place. Ever since most of us moved off the farm, old people have had to fend for themselves, either purchasing in-home assistance or paying for what is essentially human warehousing. (Our beta version of anticipating that this has been coming for decades aided in changing the name of "old age home" to the more polite "assisted living facility".)

Other humans have done better. CBC's Marketplace has aired a documentary on home care in Denmark. The Danes collectively agreed to fund home care 40 years ago. It looks like a much better system. <https://www.cbc.ca/player/play/2027838531842>

They aren't the only ones. In 2008, the European branch of the World Health Organization (WHO) authored a monograph describing the changes in what people needed. Basically, the

disease-oriented approach to health and social services care is no longer appropriate because increasing rates of care-dependent older people and noncommunicable diseases are the leading cause of chronic illness and disability. The authors detailed what was in place in a dozen European countries, including Denmark, more than 15 years ago. Their conclusion: home care is a sustainable approach to prevent the need for unnecessary acute or long-term institutionalization and to maintain individuals in their home and community as long as possible.

How do we get from here to there?

There needs to be policy support for the idea that home-based solutions benefit individual users, their families and society more broadly than the system we have now. There needs to be confidence that home-based solutions can reduce public expenditures on healthcare, which have been growing faster than GDP for the last 20 years at least. There needs to be recognition of the pivotal role family, friends and neighbors play, and some way to include and sustain these informal caregivers in the system.

Politicians and decision-makers need to be flexible in designing and delivering home care policies. In Europe,

"there is a rich mix of approaches and strategies for funding, organizing and delivering home care services, tax-based provision, municipal, regional and national levels of responsibility, differences in health and social service boundaries and greater or lesser policy support for informal care. Adding to traditional forms of home care, hospital and hospice-at-home schemes, ... are more recent and complex forms of intervention that reflect developments in medical and information technology."

Many countries, such as Belgium, France, Italy, Portugal, Spain and the United Kingdom, have an organizational model in which the "health" component of home care is part of the health care system and the "social" component is part of the social system. In other countries, especially Denmark, Finland and Sweden, policy-makers recognized the advantages of providing home care within a single organization under the responsibility of one institution: the municipalities.

So much to think through. So many baseballs to pitch at our political reps.

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

THE RECORD

Internship Opportunity

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The Record, the Eastern Township's only English-language daily newspaper, is seeking a reporter to cover news and events for its daily print publication and online edition, from its headquarters in Sherbrooke, Quebec.

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Sharon McCully, Publisher, The Record,
at outletjournal@sympatico.ca

Busy weekend for Sherbrooke police

Record Staff

Suspicious fire

A number of interventions took place over the weekend involving the Sherbrooke Police Service, including two incidents involving driving under the influence of alcohol.

On Saturday around midnight, police officers were driving on Galt Street West near the police station. Suddenly, they noticed a vehicle that was driving against the traffic flow, and it deviated from its trajectory and ended up in front of the patrol vehicle. The officers had to maneuver to avoid a collision. The vehicle was stopped a short distance away. The driver was arrested for driving under the influence of alcohol. The woman took a breathalyzer and tested more than double the legal limit. She had her license suspended for 90 days and her vehicle seized for 30 days.

Hit and run

At approximately 12:30 a.m. Sunday, a citizen on Claire-Jolicoeur Street called the police department to report that his vehicle had just been hit and that the other vehicle had fled the scene. Once on the scene, the police noticed that following the impact, liquids were escaping from the suspect vehicle. Following the trail left on the roadway, the police officers quickly intercepted the vehicle. The driver, in his 30s, was taken to the police station for a breathalyzer test. After blowing three times the legal limit, he was charged with hit and run and driving while impaired by alcohol. In addition, his driver's license was suspended for 90 days and his vehicle seized for 30 days.

Early Sunday, around 12:54 a.m., police received a call to assist firefighters at 1129 12th Avenue North. Firefighters quickly brought the fire under control. The fire would have started in the corridor of the apartment block. The fire is considered suspicious, and an investigation has been opened to establish the precise circumstances of the event.

Rescue, person in distress

On Sunday, May 2, at approximately 2 p.m., police received regarding a citizen in distress in the water near Aylmer Bridge. Several patrol vehicles converged in the area to locate the individual. Two police officers quickly located the victim in the Saint-François River. They noticed a second citizen adrift, trying to rescue the individual in distress.

Not stopped by the current and the freezing temperature of the water, a police officer removed some equipment and swam out to rescue the victim and the good samaritan. A colleague was able to assist by staying on shore and using the life preserver. They were able to rescue the two people and bring them back to shore. Once out of the water, the police officer, supported by several colleagues and paramedics, began resuscitation maneuvers.

Despite all the efforts of the citizen and the police officers, the victim was pronounced dead at the hospital. The Good Samaritan was transported for minor injuries.

The SPS would like to remind people who are going through a difficult time that they can use the JEVI 1-866-APELLE service (277-3553).

'Democratic crisis': Electoral reform debate resurfaces ahead of Quebec fall election

By Morgan Lowrie
The Canadian Press

The debate over electoral reform has resurfaced in Quebec, with opposition parties raising alarm over projections indicating the ruling Coalition Avenir Quebec could walk away with 100 of the province's 125 seats next October.

Poll-aggregating website Qc125.com has Premier Francois Legault's CAQ with about 42 per cent support — which would translate into roughly 80 per cent of the seats if current trends hold.

In response, Parti Quebecois member Pascal Berube said last week Quebec was suffering from a "democratic crisis" and he blasted Legault's government for abandoning its promise of electoral reform. The electoral system, Berube lamented, is producing an "unprecedented distortion between the real voting intentions and the representation to come in the next legislature."

Philippe Fournier, who runs Qc125.com, says that distortion is being caused, in part, by the rise of smaller political parties. His website has five parties with an average of at least 10 per cent support in the latest polls — which Fournier says has never been seen before in Quebec politics.

Under Quebec's first-past-the-post system, the candidate with the most votes — even if their support is well

under 50 per cent — wins the seat. Fournier said the fragmenting of the vote means it's possible for a party to win a seat with less than 30 per cent support, compared to the nearly 50 per cent that was needed in the years when the Liberals and PQ were the two main political forces.

"Having five parties that are, you know, polling in the teens is a big problem for the smaller ones, and (it's) very beneficial to the one that is leading," Fournier said in a recent interview.

Legault's CAQ appears poised to benefit the most from the drop in support for the Quebec Liberals and the PQ. Quebec's smaller parties, in contrast, are being disadvantaged by the current system. If current polling trends hold, the Conservative Party of Quebec, which is polling at about 14 per cent, could win no seats, and the once-mighty PQ is projected to win about one, despite having 10 per cent support.

Berube said electoral reform was a key promise made by Legault's party in 2018, when the CAQ leader committed to tabling a bill within the first year of taking power. After winning the 2018 election, the CAQ did introduce legislation for a mixed electoral system, under which 45 of the province's 125 ridings would be distributed based on proportional representation. The party also said Quebecers would vote on its plan in a referendum held at the same

time as the October 2022 election.

Work on that bill ceased, however, long before the steps were completed toward it becoming law, Legault acknowledged last week. While the premier blamed the COVID-19 pandemic for delays, he did not commit to reviving the bill, saying electoral reform "isn't really a priority" for Quebecers.

Dennis Pilon, a political science professor at York University, said Legault appears to be following a time-tested tradition in Canadian politics: committing to electoral reform when in opposition but backing off once elected.

Prime Minister Justin Trudeau is the most recent example of a politician backtracking on a pledge to change the system. The Liberal leader had repeatedly promised that the 2015 federal election would be the last one under first past the post.

There's a long history of other parties doing the same — including the Parti Quebecois. Pilon said various PQ leaders have called for electoral reform ever since ex-PQ leader Rene Levesque did so in the 1970s — before he allowed the idea to fizzle out when in government.

"What we see with the PQ in the 70s is the pattern that is followed by every single party subsequent to the PQ, which is that once they get power they start backing away from the promises," he said. The distortion

of the current system, Pilon added, amounts to a "democratic crisis," but he said he is not confident anything will be done about it.

The system, he said, tends to "over-represent the largest parties and turn a minority of votes for the largest party into a legislative majority, (which) is seen as one of its great strengths according to its proponents and a serious democratic weakness by its critics."

Pilon said the system also actively discourages people from voting for smaller parties unless they are regionally concentrated, like the Bloc Quebecois at the federal level.

Political fragmentation, Pilon said, is happening in both provincial and federal politics. In the 2021 election, the Liberals lost the popular vote to the Conservatives and won government with less than 33 per cent support.

While Pilon says the rise of smaller parties can sometimes push countries toward electoral reform, both he and Fournier note that parties who backtrack on their electoral reform promises are unlikely to change their ways unless they pay a political price.

In Canada, that's not happening. Trudeau has been re-elected twice since abandoning his electoral reform promise, and Fournier says there's no sign Legault's support is wavering.

"Will the CAQ lose any votes because of this? My guess is no, or very few," Fournier said.

#NEWSMATTERS: THE NATIONAL ASSEMBLY REPORT

CAQ softens tone on amendment that would have English CEGEP students take three classes in French

By Raquel Fletcher

Even the most astute political observer could be forgiven if he or she missed a last-minute amendment this week to Bill 96, the government's reform of the French language charter. It was tabled last Tuesday evening, after weeks of controversy stemming from a Liberal Party amendment that would have forced English CEGEP students to take three classes in French. The Coalition Avenir Quebec government has now softened its tone. French Language Minister Simon Jolin-Barrette said he heard the concerns of parents, students and CEGEP administrators. Students will now have the option to take three classes in French or five French as a second language classes, an improvement according to CEGEPs, even if they aren't jumping up and down about what's being touted as a compromise.

The whole kerfuffle could have been avoided, of course. Liberal leader Dominique Anglade admitted as

much when she made her mea culpa a couple weeks ago apologizing to the anglophone community for the ill-thought-out amendment initially adopted in February.

This past week, she told reporters at the National Assembly: "Now this is hopefully behind us. We will be talking with the English-speaking community and defending the rights of every single anglophone as well."

However, growing animosity in the English-speaking community over Bill 96 has led to the creation of two new political parties, both selling themselves as alternatives not only to the CAQ, but also to Anglade's Liberals. This fall, anglophone Quebecers will have the choice between former Montreal mayoral candidate Balarama Holness' party, Mouvement Québec as well as the new Canadian Party of Quebec. Federalist voters may also choose to support Eric Duhaime's Conservative Party of Quebec.

However, these new parties could end up giving Quebecers less representation in the National

Assembly, not more. Polls already show the CAQ aimed to win between 90 – 100 seats out of 125 with potentially less than 50 percent of the popular vote. Parti Quebecois MNA Pascal Berubé called this eventuality a "democratic deficit." Dividing the opposition vote even further could just allow the CAQ to make even more in-roads, for instance, by electing candidates on the island of Montreal.

Just like Prime Minister Justin Trudeau, Premier Francois Legault has given up on adopting proportional representation to replace our first-past-the-post voting system. Berubé said this amounts to a broken electoral promise.

"They're laughing their heads off. They look at Quebec like a game of Risk and they want all the seats!" he said.

Arrogance
This week, Legault was heavily chastised for a distasteful joke in the National Assembly. When long-time Liberal MNA Pierre Arcand rose during Question Period Wednesday,

the premier was overheard uttering off microphone, "He's not dead yet?"

"It's as if the arrogance of the premier has no limits," Anglade told reporters at a news conference following the incident.

Premier Legault has been known to stick his foot in his mouth. As in the past, the premier quickly apologized. Via Twitter, he said Arcand was a "friend" and that it was a "bad joke."

Polls are often not accurate at predicting election outcomes, especially when the start of the campaign is still several months away. However, what recent polling does indicate is the possibility for a much stronger second mandate for Legault's CAQ, which would also mean disaster for the Liberals and the PQ. In that event, it will also likely lead to a change in leadership for those parties, which will weaken the opposition even more, at least for a time. Opposition parties are right to worry about the level of arrogance of the current government — the problem is it could get much worse.

EDITORIAL

Over half of international relations instructors in western countries simply do not address gender, feminism or women. Only three per cent of mandatory and optional readings assigned by instructors address gender or feminist aspects of the world.

Critical race theory and feminism are not taking over our universities

By Maïka Sondarjee
Professeure adjointe, International Development and Global Studies,
L'Université d'Ottawa/University of Ottawa

Conservative observers everywhere are complaining about a supposed surge in feminist and critical race theories being taught in colleges and universities.

In Hungary, the government went even further and banned gender studies master's degrees country-wide. Their reasoning: to avoid the spread of ideas about the social construction of gender.

In the United States, Republican lawmakers have embarked on a war against critical race theory at lower levels of education, fearing it will indoctrinate their kids even before they get to higher education institutions.

Many believe universities are spending too much money to "infuse" feminist and critical race approaches, which risk messing up curriculum and fostering division. Is this actually true? Are feminist and critical race studies taking over our classrooms and universities?

My personal experience, as well as my research, points to the contrary. When I was a graduate student in international relations (IR) from 2011 to 2020, gender approaches were barely addressed, or were compartmentalized to one single week of the year. Since then, I have attended or taught 10 international relations courses at three Canadian universities in both French and English. In all courses, I noticed a trend of marginalization of non-western and non-masculine approaches to world politics.

To test and explore the inconsistency between this growing public fear of these theories invading our classrooms with my own recent experience, I analyzed the contents of 50 introductory syllabi for international relations courses in North America and Europe.

What I found confirmed a pattern related to my personal experience: race and gender studies are silenced or marginalized in western introduction to international relations courses.

Pink for a week

Over half of international relations instructors in western countries simply do not address gender, feminism or women. Only three per cent of mandatory and optional readings assigned by instructors address gender or feminist aspects of the world.

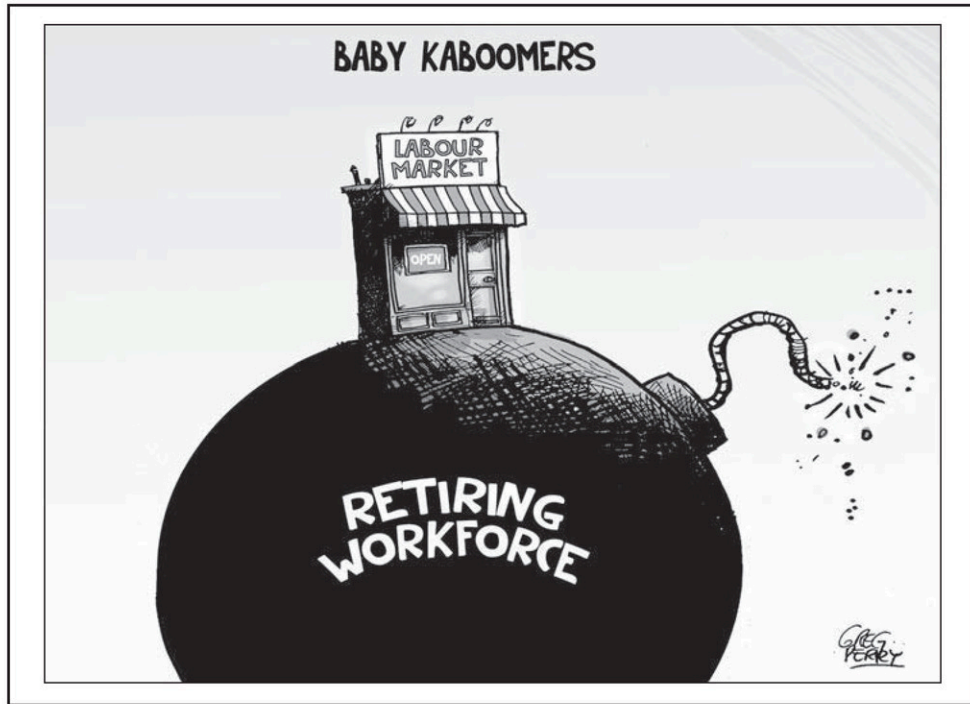
For example, one syllabus devoted four weeks to globalization, without addressing care work or the international sexual division of labour. Another syllabus had seven weeks on various regional and world wars, without mentioning feminist definitions of security, gendered impacts of militarization, how masculinity influences war, gendered violence or the impact of gender in peacebuilding.

Of the 23 syllabi that do mention gender, 78 per cent of them (18 of 23) adopt the one-week-only philosophy. This compartmentalization condenses gender research to one meagre week, the sacrosanct "women's week." In students' minds, this reduces gender to an easily dismissed sectoral framework. In short, you are either interested in war or you are interested in gender — you cannot be both.

Race and colonialism barely mentioned

International relations has also been criticized for being "blind to racism." The ethnocentricity of the field of international relations has been called out again and again, and again and again.

My research confirms that race studies are rarely mentioned — in only seven syllabi (14 per cent). As for postcolonial studies, they are only mentioned in 17 syllabi (34 per cent). In comparison, liberalism appears in 38 syllabi (76 per cent).



The lists of historical events we present to our students are also dominated by the western world. For example, the Cold War is listed as an important event in 25 syllabi, but de/colonization processes are only listed in three syllabi and slavery in only one course plan.

Siphamandla Zondi, professor of international relations at the University of Johannesburg, notes that describing the field as international is a "masquerade." International relations courses pretend to be about everyone, but in fact they are predominantly about western countries and their white citizens (even ignoring racialized or Indigenous populations).

Indeed, scholars from the Global South are marginalized in reading lists, textbooks and research, including in international feminist journals.

A more complex — less masculine and western — story

The lack of inclusion of women and Global South authors in reference lists is not only a problem of representation. It also means that masculine and western point of views are perpetuated in our teaching.

For example, the story of the Second World War usually includes the Axis and the Allies, the evolution of armaments, the details of German imperialism in Europe and the military support of the United States and Canada.

A more complex — less masculine and western — story would add that this war changed the face of western societies, as women replaced men combatants on the job market and did not want to leave it upon their return. It would also mention proxy wars and Global South men and women fighting alongside Europeans in foreign battles.

A western tale of international development might start in 1947, with U.S. President Harry Truman speaking for the first time of "underdeveloped"

countries. It would speak of the establishment of western aid organizations like the World Bank.

A more international account would throw the net wider and might start with the appropriation of Global South wealth and knowledge by European colonizers, the destruction of living conditions of Indigenous peoples and the brutalization of African populations contributing to the ongoing enriching of capitalists in Britain and the United States. It would tie the concept of development with North/South inequalities, not only with western aid in the Global South.

Change ahead is slow

One hopeful marker of change can be seen in academic conferences and publications. Between 2000 and 2010, presentations addressing gender at the annual International Studies Association (ISA) conference have increased by 400 per cent.

It seems, however, that conference organizers also fall into similar traps as international relations course instructors. They marginalize presenters into the feminist box: on more than 320 feminist, gender and queer papers at the ISA conference in 2021, only 71 were placed in mainstream "non-gender" panels.

My perception is that gender scholars are slotted to go to a gender-specific panel on security but not the more front-and-centre panel on security.

Teaching (or not teaching) race or gender approaches influence how we present the world to scholars-to-be and to the leaders of tomorrow. This, in turn, will affect which policies and research will be prioritized.

Unfortunately, one thing is certain: these concepts are not yet mainstreamed in western classrooms. And they are certainly not taking over universities.

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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Local Sports

O'Ree who was inducted into the Hockey Hall of Fame in 2018 talked about the scars of the racial abuses heaped on him as the first Black player in the league, including a harrowing night at the Chicago Black Hawks when he was quoted as saying that he was "lucky to get out of the arena alive."

Racism endures in hockey because it's systemic

Rosie Awori
Local Journalism Initiative

It was almost 64 years to the day that Willie O'Ree of Fredericton, New Brunswick took to the ice with the Boston Bruins as the first Black player in the NHL, his entry into the league came years after teams refused to even consider signing Herb Carnegie, a Torontonian of Jamaican descent who was one of the most talented and spectacular hockey players in the 1940s and 50s.

Both tell cringe-worthy stories of the excruciating racism suffered at the hands of fans, team mates and opposing players at levels in hockey.

Today, the NHL has about 30 Black players and there are a couple dozen more in its affiliate leagues, the AHL and ECHL and while there might have been some changes in attitude at all levels when it comes to diversity, the scourge of racism remains prevalent.

So, in the midst of the celebration of the anniversary of O'Ree's groundbreaking achievements, and as the Boston Bruins retire his jersey, another Black Canadian Jordan Subban was dealing with the racist taunts of an opposing player.

Just as it was in the 1950s, 60s and

70s, Subban a defenseman playing with the South Carolina Stingrays an affiliate of the Washington Capitals was the object of ridicule of an opposing defender Jacob Panetta of the Jacksonville Icemen affiliate of the New York Rangers, who resorted to monkey-like antics after the two had a brief altercation on the ice at a game on January 20.

That incident comes a week or so after a similar one in the American Hockey League another NHL affiliate, when Krystof Hrabik of the San Jose Barracuda indulged in the same act towards Montreal born Boko Imama who plays with the Tucson Roadrunners.

To their credit, both leagues and teams moved quickly against both offenders with significant sanctions.

The ECHL tossed Panetta from the league pending an investigation and his team the Icemen followed through by also releasing him, while the AHL slapped the Czechoslovakia born Hrabik with a 30-game suspension.

What a shame it is for the 86 year old O'Ree to be witnessing this travesty of humanity close to six and a half decades after he hurdled over all types of obstacles to make his landmark appearance for the Bruins on January

18, 1958.

O'Ree who was inducted into the Hockey Hall of Fame in 2018 talked about the scars of the racial abuses heaped on him as the first Black player in the league, including a harrowing night at the Chicago Black Hawks when he was quoted as saying that he was "lucky to get out of the arena alive."

In 1961 after playing 43 games for the Bruins over two seasons, he was traded to the Montreal Canadiens, a team he accused of being run by racists for not giving him a try out.

Today, O'Ree stands as one of professional hockey's most decorated ambassadors: a member of Canada's Sport Hall of Fame; a member of the Order of Canada and a soon to be recipient of the highest civilian award in the United States, the Congressional Gold Medal.

Having served as the NHL's director of youth development and an ambassador for NHL Diversity over the past 24 years, he continues to be a passionate advocate for more diversity in the league.

However, continuing incidents of

racial abuse towards Blacks and other players from minority groups tell of a league still in the throes of intolerance and hate.

Three years ago, Devante Smith-Pelly then of the Washington Capitals bruised by repeated incidents of racial abuse was quoted saying to the Associated Press that not much had changed over the past 60 years.

"[O'Ree] had to go through a lot, and the same thing has been happening now, which obviously means there's still a long way to go. If you had pulled a quote from him back then and us now, they're saying the same thing, so obviously there's still a long way to go in hockey and in the world if we're being serious."

Recently a group of players including Akim Aliu, Evander Kane, Trevor Daley, Anthony Duclair, Matt Dumba, Nazem Kadri, Wayne Simmonds, Chris Stewart and Joel Ward banded together to form the Hockey Diversity Alliance in an effort "to eradicate systemic racism and intolerance in hockey" and "to inspire a new and diverse generation of hockey players and fans."

Bowling night to Help the Cantonniers



MARCO BERGERON, PICKER PHOTO

Record Staff

The U18 AAA Canadian Hockey Championship, better known as the TELUS Cup, is fast approaching.

From May 16 to 22, the town of Okotoks, near Calgary, Alberta, will host the six teams that will try to take home the top honours, including the Magog Cantonniers.

As it has often been mentioned, participating in such a competition involves costs for the teams. For that reason, fans and friends of the Cantonniers are invited to take part in a bowling night on Saturday, May 7.

This event is organized by Noémie

Homan-Provencher and a few volunteers at the Memphré bowling alley in Magog.

People can choose between the following time slots to play small or large pins.

5 p.m. to 7:15 p.m.

7:30 p.m. to 9:45 p.m.

The cost is \$100 per group of five people and people must register online. Details are available on the Cantonniers website.

Raffles will be held among the participants and there will even be a voluntary lottery draw during the evening.

Anyone interested should register early as space is limited.

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Death



**Marlene
Lucinda
(nee
Anderson)
Simpson**

Peacefully passed away at Mackenzie Health, Richmond Hill on Thursday, April 28, 2022, at the age of 81. Beloved wife of the late Crayton for 34 years.

Wonderful, supportive mother of Serena (Kent) Edmunds, Evelyn (Kent) Beattie, and Glenn. Adoring nannie of Valerie (Mat), Heather, Melissa (John), Katelyn, Karen (Jim), Thomas and Amanda. Great-nannie of Hanna and Abigail. Will be greatly missed by her brothers Billy (Lottie), Clayton (Sharon), aunts, uncle, and many nieces and nephews.

The family would like to thank Dr. Peter Simkhovitch, and the home palliative team who took great care of mom.

In lieu of flowers, please consider a donation to the Heart and Stroke or a charity of your choice.

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Email: marshallfuneral@rogers.com
www.marshallfuneralhome.com

Graveside Service



WATSON - There will be a graveside service on Saturday, May 7 at 11 a.m. at Pine Hill Cemetery, 933 rue des Pins, Magog for family and friends in honour of the late Ronald Watson.

Date Book

TUESDAY, MAY 3, 2022

Today is the 123rd day of 2022 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 conspiracy in the 9/11 terrorist attacks, recommended a sentence of life in prison.

TODAY'S BIRTHDAYS: Niccolo 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 vulgar crowd always is taken by appearances, and the world consists chiefly of the vulgar." - Niccolo 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: Between new moon (April 30) and first quarter moon (May 8).


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Do Just One Thing



By Danny Seo

When heating up the backyard grill this summer, be wary of the type of charcoal you use. Traditional charcoal is more than just wood; it can contain additives like coal, nitrates, lighter fluid and other chemical ingredients. When shopping for charcoal, look for lump, wood-only, American-made charcoal. Buying all-wood charcoal imported from other countries could mean it was made without any sustainable forestry practices. Or better yet, look for wood-free alternatives like charcoal made entirely from coconut shells, which burns slowly, hot and very clean.

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)
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TOWNSHIPS

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

LENNOXVILLE

Uplands Cultural and Heritage Centre invites you to come and see the works of the members of the Club Photo de Sherbrooke in its art gallery. The exhibit features a variety of photos exploring the theme "Lines" which allow a deep dive into the artists' imagination. Dates: Sunday, March 6 to June 19, 2022. Hours: Thursday to Sunday from 10 a.m. to 4:30 p.m. (free admission).

LENNOXVILLE

The Lennoxville Youth Center will be hosting its Annual General Meeting on Friday, June 17, 2022 at 6 p.m. at the Salle Amédée-Beaudoin, located at 10 rue Samuel-Gratham, Sherbrooke, Quebec, J1M 2J4. If you wish to attend, please reserve by calling or emailing their Executive Director Brooklynn Roy as public gatherings are limited, people who RSVP will have priority. Email: dg@lennoxvilleyouthcenter.org, phone: 819-821-4805.

LENNOXVILLE

Please join us at a free (in-person only) workshop for parents of youth, "Tips for a Positive Mental Health." This will be held on Wednesday, May 4th, 6:30-8:30 p.m., at Mon Shack (3195 College Street - Lennoxville), hosted in collaboration with Mental Health Estrie, APPAMM-Estrie, & AIRE OUVERTE Estrie. In honour of Mental Health Week, we invite parents to come learn more about mental health/illness and discover tips and tools to foster self-care and cultivate a positive mental health. For more information contact mentalhealthestrie@gmail.com or call (819) 565-3777. Register (spots limited) in advance at: <https://www.eventbrite.ca/e/300821203317>

NORTH HATLEY

Mother's Day Brunch on Sunday, May 8, 10 a.m. to 1 p.m., at the North Hatley Legion. Family tables available. Reservations please: 819-842-2933 after 2 p.m.

RICHMOND

The Richmond County Historical Society will be holding its Annual General Meeting on May 15, 2022 from 2 p.m. to 3:30 p.m. via Zoom. All are welcome to attend. You must, however, register for this event by e-mailing president@rchs-shcr.ca before the end of day on May 10. The agenda and relevant documents will be circulated to registrants via email. A separate email will be sent with the Zoom link. Please note that only members in good standing may vote. Looking forward to seeing you there!

TUESDAY, MAY 3, 2022

Dear Annie: There's a lot that you and your family can do to alleviate anxiety during these stressful times, especially as we face the potential for an expanding war beyond Ukraine. There are new weapons in play now: cyberattacks, the use of economic sanctions and the expansion of warfare into space.

Using my past experience as emergency services coordinator for the cities I've worked in, I'm alleviating my own anxiety by going down my preparedness checklist. I'd like to share this with your readers. Even if my fears don't materialize, it doesn't hurt to be prepared for long-term power outages and natural disasters.

Earthquakes, floods, fires, broken economies and other man-made disasters can hit at any time. Our power grids are particularly vulnerable. There can be power outages and loss of communication capabilities, even if war doesn't materialize. Such outages occur in any natural disaster. At minimum, people should be prepared to be on their own without any outside aid for at least 72 hours.

I'm making sure I have flashlights with fresh batteries, some way to cook meals, my medicines, some stockpiled food and water, ways to keep warm, a working battery-powered radio, a way to access funds, ready cash in small denominations, and small items to barter with.

As for an extra supply of food, I don't recommend buying expensive "disaster food," which usually sits unused until it expires and is unusable when you may need it. Instead, stock up on nonperishable food you would normally eat anyway, such as rice, noodles and canned goods. Then eat them as you routinely would so that you are continuously cycling in fresh supplies.

It helps to have an evacuation plan, if you don't expect to stay where you are. Have an alternative place to stay. Gas pumps don't work in power outages. Keep your gas tank topped off, and don't let it get below a quarter of a tank. Keep a gasoline-siphoning device, gas can and jumper cables in your car. Keep your vehicle(s) in good working order.

If you have a camper or camping gear, that's great; have it ready to go. Have alternate routes planned out ahead of time and paper maps because your smartphone or geolocator may not be working. Don't wait until the last minute to leave because you'll just be

stuck in traffic, and some traffic lanes may be closed for emergency vehicle use only. Have a contact outside your area where your distant relatives can check on your status and you on theirs.

There's a lot that neighborhoods and local communities can do to prepare for any disaster. Check with your local community's emergency services coordinator (usually at the Fire Department) to find out if they have any publications on preparedness for local residents. Enroll in CPR classes, consider volunteering and training for search and rescue, etc. - Alleviating Anxiety Through Action

Dear Alleviating Anxiety: Thank you for your helpful suggestions for being prepared for potential disasters. It is always great to hear from people who have worked in the profession they are talking about.

Dear Annie: My wife and I have been married for over 15 years. I have a high metabolism, while she is considered obese. But she wears it well. After having children via cesarean section, her stomach has no muscles left to hold it together.

To me, she is beautiful, inside and out. I feel that she struggles with her weight and body image but doesn't want to admit it.

I've done the husband thing and tried to be positive about it, but I want her to live her best life. In turn, I don't know how to approach the subject.

There have been brief periods in her

life when she has turned to exercising and eating better. When that happens, I will exercise with her, and I always try to be encouraging. I just don't know where to go from here. - Quietly Concerned

Dear Quietly Concerned: Being obese has all types of health issues associated with it, so it is understandable that you want the woman you love to be as healthy as possible. You mentioned that you have a high metabolism. Ask yourself: Does this mean that you eat junk food and don't exercise and yet stay trim? If that is the case, the best approach is to start with yourself by looking at your eating and exercising habits.

Maybe you could propose health and fitness as a joint project, just as you do during those times when your wife is motivated to eat healthily. You might consider seeing a nutritionist together. A good one will advise you both to focus on good health more than a number on the scale. The fact that you see your wife as beautiful inside and out is the best starting point ever for a joint project such as this.

"How Can I Forgive My Cheating Partner?" is out now! Annie Lane's second anthology - featuring favorite columns on marriage, infidelity, communication and reconciliation - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

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

Always be prepared

Dear Annie

90th birthday wishes



Happy 90th Birthday
Elsie Picken Dunn
May 3, 2022

From her family and friends

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CELEBRITY CIPHER

by Luis Campos

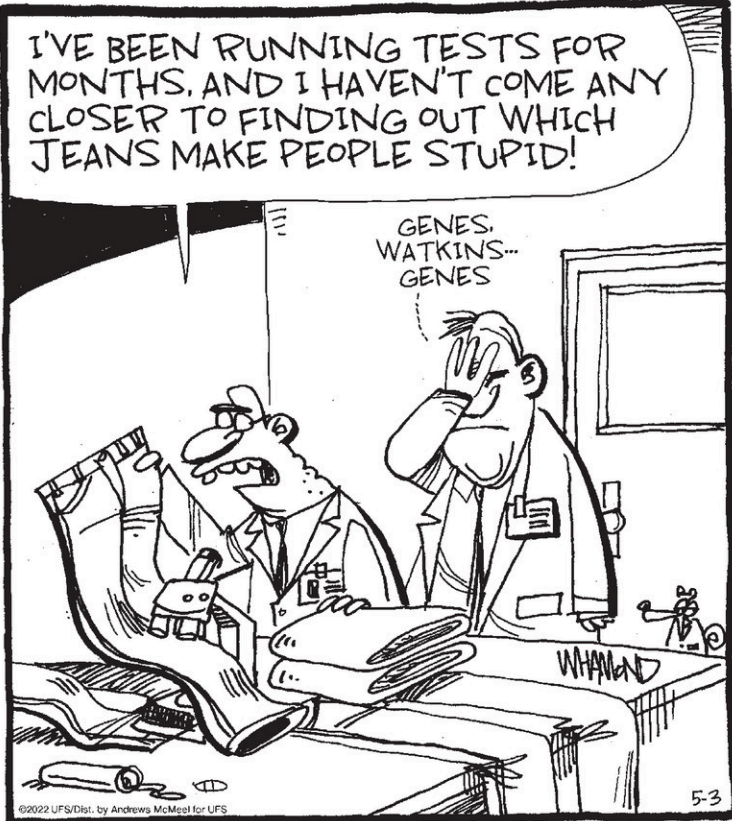
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"UHAY JPVYO DC CXDKJOXU EDKPKY
OJVM OJP VTPYVKP JAWVM JPVYO,
EAO OJVO'C EPBVACP UHA'YP V
OPVBJPY." — VVYHM EVBVXX

Previous Solution: "Attitude and enthusiasm play a big part in my life. I get excited about the things that inspire me." — Dwayne Johnson

TODAY'S CLUE: A srenba 1

REALITY CHECK



HERMAN

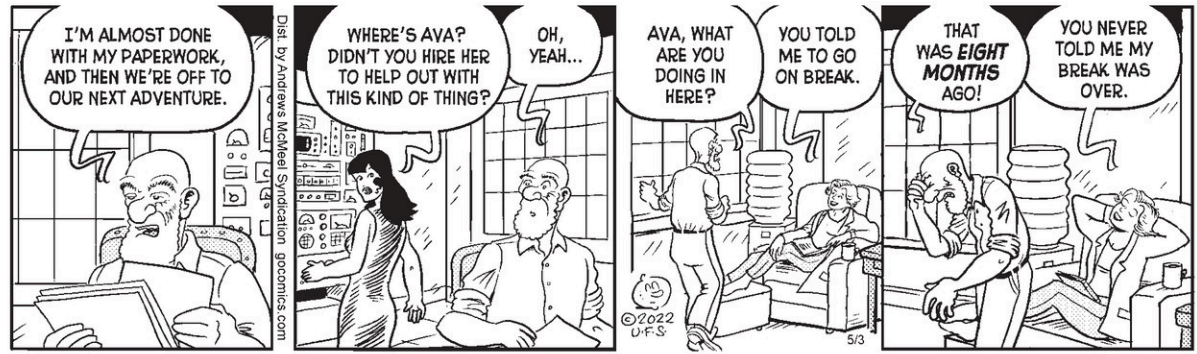


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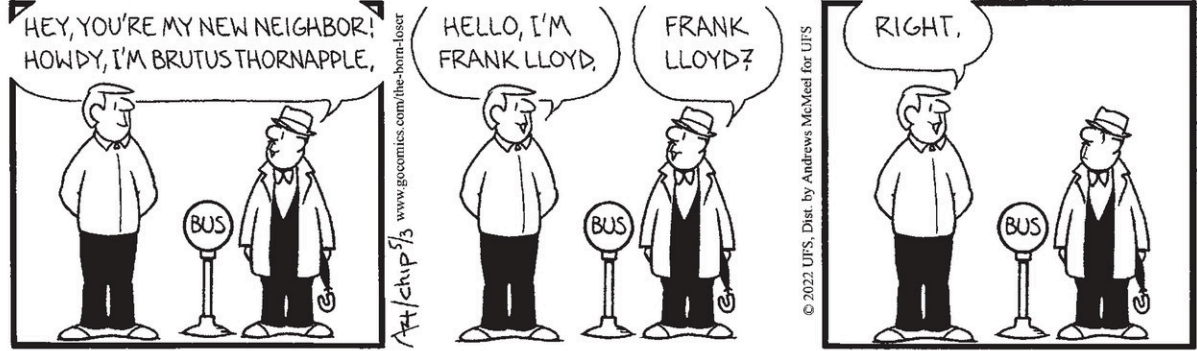
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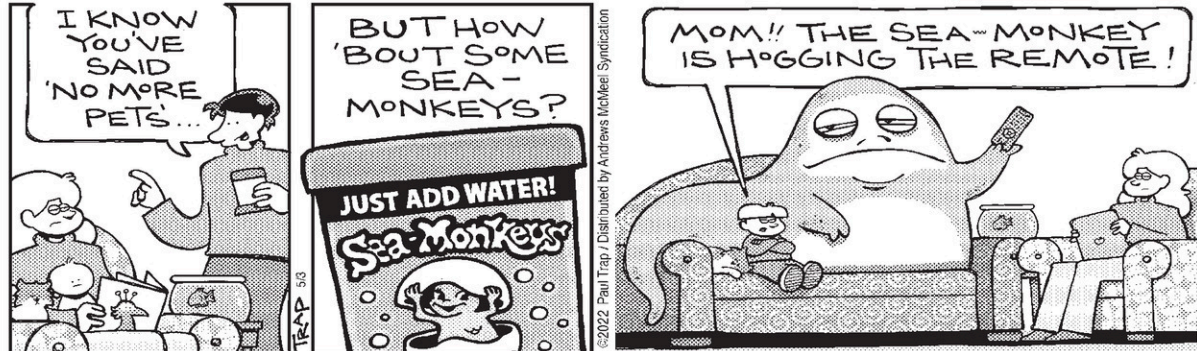
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100 Job Opportunities **100** Job Opportunities

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☉ * ☼ ☽ ☿ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓ ♀ ♁ ♃ ♄ ♅ ♆ ♇ ♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

CRYPTO FUN

Determine the code to reveal the answer!

- Solve the code to discover words related to aviation. Each number corresponds to a letter. (Hint: 11 = G)
- A. 18 19 16 11 15 2**
Clue: Act of flying
 - B. 4 16 9 11 20**
Clue: Flight appendages
 - C. 1 25 26 5 23 16 9 11**
Clue: Act of getting on an aircraft
 - D. 2 5 26 14 17 19**
Clue: Make a journey

Answers: A. flight B. wings C. boarding D. travel

HANDY POINTERS



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Prepare an outline of your ad and then write it.

Be specific – buyers want useful information such as price.

Group related facts in the same sentence.

Avoid slang and abbreviations. Abbreviations are not needed because **The Record** charges by word rather than space.

Above all, don't forget your telephone number or address and when respondents may contact you.

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

5/3

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PREVIOUS SOLUTION

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

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



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NEA Crossword Puzzle

Your Birthday

TUESDAY, MAY 3, 2022

dreaming and start doing. How you perceive situations and handle money will be crucial. Cut your costs by doing things yourself instead of hiring someone to do things for you.

SCORPIO (Oct. 24-Nov. 22) – An unexpected change will work in your favor. Refuse to get overwhelmed by what you have no control over. Concentrate on the things and people who make you feel good about yourself.

SAGITTARIUS (Nov. 23-Dec. 21) – A low profile and patience will help you navigate your way through the ups and downs you encounter. Put more thought into your appearance, health and lifestyle.

CAPRICORN (Dec. 22-Jan. 19) – Take a walk down memory lane, attend a reunion or reach out to someone who brings out the best in you. Look for innovative ways to make the most of what you have.

AQUARIUS (Jan. 20-Feb. 19) – Say no to changes that don't suit your needs, and do your own thing. Build a solid foundation for what you have planned. Invest in your surroundings. Now's the time to go for broke.

PISCES (Feb. 20-March 20) – Don't share secrets. Put your energy where it will do some good. A change of heart will help clear up uncertainty and encourage you to do what's best for you. Clear up financial problems.

ARIES (March 21-April 19) – Put your energy to good use, and it will help you control your emotions. Refuse to let others get to you. Go about your business, and let your accomplishments speak for you.

Stop fidgeting; if you feel restless, make changes that challenge you to grow. Take responsibility for your happiness. Stop dreaming and start making the life you want to live. Be willing to go the distance to achieve things that will boost your morale and encourage you to strive for perfection.

TAURUS (April 20-May 20) – Stand up for your rights and make yourself heard. Take the initiative and put your plans in motion. Make decisions and act on them with passion and clarity. Anger will get you nowhere.

GEMINI (May 21-June 20) – Concentrate on what's doable and stop worrying about things you cannot alter. A positive attitude will help you achieve what you set out to do and get you the backup you will need.

CANCER (June 21-July 22) – Don't scrimp when it comes to meaningful pursuits. Explore the possibilities and let your imagination run wild, but don't let your emotions spin out of control. Don't be rattled by any setbacks.

LEO (July 23-Aug. 22) – Spend time with people who stimulate your mind and offer enlightening perspectives on life, love and happiness. What you share will change how you think and help you choose a suitable path.

VIRGO (Aug. 23-Sept. 22) – Absorb what others say, and it will help you understand the best way to gain approval, respect and the assistance required to get what you want. Consider what you can do to move things along.

LIBRA (Sept. 23-Oct. 23) – Stop

Answer to Previous Puzzle

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

- ACROSS**
- 1 Newspaper execs
 - 4 Ewe's mate
 - 7 Bridge
 - 11 Tijuana "Mrs."
 - 12 Out callers
 - 14 Fashion magazine
 - 15 Harbor vessel
 - 16 Kids' writer Roald —
 - 17 Wine valley
 - 18 Slackens off
 - 20 Publishing VIP
 - 22 Unser and Gore
 - 23 Fair-hiring letters
 - 24 Atlanta university
 - 27 Hi-fi
 - 30 Wolf, in Madrid
 - 31 Bakery items
 - 32 Quaker pronoun
 - 34 Garden pond fish
 - 35 Convinced
 - 36 Pate de — gras
- DOWN**
- 37 Expose as false
 - 39 Italian seaport
 - 40 Started a fire
 - 41 Double helix
 - 42 Gauguin's island
 - 45 Affection
 - 49 Press
 - 50 Went by quickly
 - 52 "Caught ya!"
 - 53 Lump of dirt
 - 54 Do a clerk's job
 - 55 Jalopy
 - 56 Thoroughly drenches
 - 57 — take forever
 - 58 Kipling classic

- 7 Next year's alumnus
- 8 Survey chart
- 9 Dog food brand
- 10 In the vicinity
- 13 Precipitated in winter
- 19 Poi source
- 21 Poor grades
- 24 North Woods roamer
- 25 Frame of mind
- 26 Play award
- 27 Asian import
- 28 Jacket style
- 29 Cincinnati's state
- 31 Vatican figure
- 33 Stadium cheer
- 35 Court case
- 36 Misgiving
- 38 Duck hunters' shelters
- 39 Nibbled away
- 41 Lived
- 42 Nervous twitches
- 43 Woody's son
- 44 Barrel part
- 46 "— the Knife"
- 47 Bangkok native
- 48 Injure
- 51 Twice XXVI

1	2	3		4	5	6		7	8	9	10
11				12			13		14		
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	37		38					39			
			40				41				
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49					50	51			52		
53					54				55		
56						57			58		

If you start well, you will end well

By Phillip Alder

If you have ever run a marathon – or a slightly shorter distance – you will know that it pays to go steadily at the beginning. If you start at a fast pace, you will regret it later, finishing in a slower time. The story of the hare and the tortoise features the same idea. "More haste, less speed" sums it up well.

The theme can also apply at the bridge table. South is in four hearts. After West leads the spade king, what should declarer do?

North's three-heart response was a limit raise, showing about 11 support points and four or more trumps.

When declarer has a superfluity of trumps and no need for immediate ruffs, it is usually right to draw trumps as quickly as possible. He doesn't want to risk an opponent's ruffing one of his side-suit winners with a low trump. But if he leads a trump immediately on this deal, he will lose four tricks: two spades, one heart and one club.

South must do something to eliminate one of those losers. He could lead a club at trick two, establishing a club winner for a spade loser, but that play is too slow. The defenders still get four tricks.

There is only one chance of success. At trick two, declarer should play a diamond to dummy's ace and finesse

North		05-03-22	
♠	8 7 4		
♥	10 7 6 3 2		
♦	A 4		
♣	K Q J		
West		East	
♠	K Q J	♠ 10 9 5 2	
♥	A	♥ 8 5	
♦	10 8 7 3 2	♦ Q 9 6	
♣	7 6 3 2	♣ A 10 5 4	
South			
♠	A 6 3		
♥	K Q J 9 4		
♦	K J 5		
♣	9 8		
Dealer: South			
Vulnerable: East-West			
South	West	North	East
1♥	Pass	3♥	Pass
4♥	Pass	Pass	Pass
Opening lead: ♠ K			

his diamond jack. When the finesse wins, he discards one of dummy's spade losers on the diamond king. Only then is it right to lead a trump.

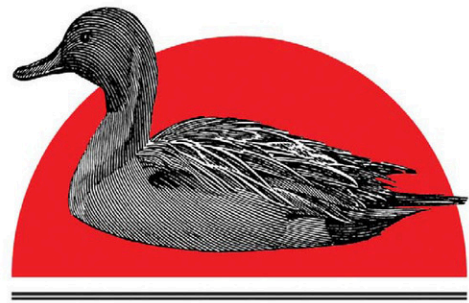
Always count your losers. Often this will point you toward the right line of play.

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Brome Hall garage sale was a big success!

By Louise Smith

The garage sale at the Brome Hall was for only one day, last Saturday. Before 9 a.m. and for a while afterwards, there was a line forming outside the hall. The ladies of the hall kept a close eye on the total number of customers allowed in at one time.

Being in line gave one of the hall team time to get people to sign a sheet showing that the hall is used by many. The signatures will help in the application for a grant to get additional work done on the hall.

Adding to the money made last weekend, a grand total of \$6,760 was raised. The left over merchandise will go towards helping two other causes in the community.

Some of the unsold items will go to the Lions' Club big yard sale which will be held on the Brome Fairgrounds on June 4 and the Yamaska Valley Optimist Club garage sale on June 11 which will be held at the Knowlton United Church.

Missisquoi County's Women's Institute branches made themselves known



EDWINA BOUGIE

Left to right: Elizabeth Milroy, Candy Coates, Linda Hoyt, Judy Page Jones, and Shirley Vaughan, were some of the members of the Dunham and Fordyce branches of the Missisquoi County Women's Institutes.

By Louise Smith

Two days in a row, members of the Missisquoi County women's institutes, made up of the members of the Dunham branch and the Fordyce (Cowansville) branch, were involved in community events.

On Friday members from both branches met at the Emmanuel United

Church to start a walk that is held annually to honour women around the world who need our support. A placard was carried and the group walked to show solidarity with the "Women of the World."

On Saturday, members from both branches manned a table at the Emmanuel United Church in Cowansville. They were part of a Health

Fair, which showcased groups and services available in the community. By being able to speak to the public directly, it was hoped to also gain a member or two per branch. Both branches had contributed to a gift basket which was drawn for at the end of the day. The lucky winner was Colleen McManus.

CONT'D ON PAGE 3

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Brome County Community Bulletin Board

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

May 7

Mother's Day Dance, Royal Canadian Legion, Shefford Branch #77, May 7 at 8 p.m. Music: Double or Nothing, Tickets \$20. Lunch served. Reservations required 450-539-2988.

May 7

Annual Garage Sale at the Sutton Curling Club, 26 Pleasant St., Sutton, on Saturday, May 7 from 8 a.m. to 2 p.m.

May 7

Country Dance at the Holy Trinity Anglican Church, 409 South St., Cowansville. Music by Keeping' It Country. Saturday, May 7 from 7 - 11 p.m. Donations \$10. Dancing is permitted with masks. Door prizes! Canteen on premises. Half & half

May 14 & 15

Giant Bazaar at St. Alexandre Presbytery Church, 447 rue St. Denis, Saint-Alexandre-d'Iberville, QC, J0J 1S0, on Saturday, May 14, 9 a.m. to 4 p.m., and Sunday, May 15, 10 a.m. to 4 p.m. Bake Sale, hotdogs & fries. Highly recommended!! For more info: Mrs. Berthe 450-346-5910.

May 15

Country Music Show, benefit for Ukraine People Relief Fund, at the the Chevalier Co-lomb Hall, 224 Christophe Colomb, Cowansville. It will come alive with the sound of authentic Country Music on Sunday, May 15 from 2 p.m. to 6 p.m. when Jimmy Edwards and the Country Folks Band, also talented guests, will entertain you throughout the afternoon. Admission \$10. Masks

required.

May 20 & 21

Creek Church Rummage Sale, 278 Brill Road, West Bolton on Friday, May 20, 9 a.m. to 1 p.m. and Bag Sale on Saturday, May 21 from 9 a.m. to noon. Items may be dropped off on May 18 and 19 from 9 a.m. to 1 p.m. Please note: no electronics or furniture.

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH - DUNHAM

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

ANGLICAN PARISH OF BROME

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

BEDFORD PASTORAL CHARGE

We are living in the season of Easter. In-person worship in Stanbridge East, 9:30 a.m. led by Rev. David Lefneski. We follow current protocols. You may also attend the Zoomed service from Emmanuel at 11:00 a.m. Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca. For Mother's Day, God says, "You will be like a child nursed by its mother, carried in her arms and treated with love. I will comfort you as a mother comforts her child." - Isaiah 66: 12b-13

CREEK/WATERLOO PASTORAL CHARGE

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

EMMANUEL UNITED CHURCH

Happy Mother's Day Sunday! Living in the Easter season as we celebrate the signs of new life in the earth, forests, gardens and our lives. The Zoom link for the hybrid service (11:00 a.m.) is in our weekly Friday newsletter. Please contact the church office to sign up. Thanks to the 20+ groups that attended the first Community Health Fair at Emmanuel and to the outstanding organizing team. Church office: 450-263-0204; email: capchurchoffice@bellnet.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 a.m. Sunday mass has resumed. However, we must comply with the latest Quebec Public Health restrictions. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>

GRACE ANGLICAN CHURCH

We are now open for in-person worship for our regular 10:30 a.m. Sunday services. Everyone is welcome. Alternatively, you can attend online. For

an invitation to join, please email the Rev. Tim Smart, revtimsmart@gmail.com or visit our Facebook page "Grace Church, Sutton" for the Sunday link.

KNOWLTON MOUNTAIN VALLEY PASTORAL CHARGE

Welcome to in person and on line worship beginning March 2022 at Knowlton United Church, 234 Knowlton Road, Knowlton at 11 a.m. Worship services will be held on the first 3 Sundays of each month unless otherwise stated. For further information, please contact Rev. Steve Lawson at 450-242-1993.

ST. PAUL'S ANGLICAN CHURCH

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

TRINITY ANGLICAN CHURCH

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

Peter McAuslan joins Appalachian Corridor's board of directors

Appalachian Corridor's board of directors is proud to announce the appointment of Mr. Peter McAuslan as treasurer of the organization.

Mr. McAuslan is a seasoned entrepreneur highly respected in the business community. In 1988, he founded the McAuslan Brewery with his wife, Ellen Bousnall. He served as the company's CEO until his retirement in May 2013.

"Peter's experience in the business world and his personal involvement in the conservation movement in the region are major assets to our board," says Marie-José Auclair, president of the board for Appalachian Corridor. "As we celebrate our 20th anniversary, and in light of the current worrying ecological context, we are highly motivated to equip the organization with all the resources it needs to continue to reach its ambitious targets of protecting the territory in perpetuity and for many decades to come," adds the biologist who has been involved with the organization

since 2003.

Mr. McAuslan graduated from Sir George Williams University with a Bachelor of Arts degree in 1972. He has also served on several boards of the Quebec Microbrewers Association, the Brewers Association of Canada, and the Association of Brewers of the United States. He is the author of the recently published book "Brewing Better Beer, The story of St-Ambroise and the birth of Quebec craft brewing".

Born in Montreal in the Lachine district, Mr. McAuslan is a long-time resident of the municipality of Sutton. A passionate lover of nature and the precious natural environments that surround him, Mr. McAuslan has long cherished an interest in conservation, having been involved with the Mount Echo Conservation Association (ACME) as a member and having played an active role in the preservation of a Frelighsburg experimental farm for apple growing.

"I am proud to join such a

dynamic organization, composed of a powerful team of professionals and volunteers, all fully committed to the conservation of the riches that nature has given us," shares Mr. McAuslan. "At this critical time, I can't think of a regional organization that plays a more crucial role in protecting our environment, now and in the future."

Mr. McAuslan joins a board of directors that includes Marie-José Auclair as president, Luc Dumouchel as vice-president, Louise Gratton as secretary, Michel Boivin and Michel Bélanger as directors, and Marie-Claire Planet and Françoise Bricault as affiliate delegates for the western and eastern parts of the territory, respectively.

Since its founding in 2022, Appalachian Corridor has helped protect over 15,500 hectares of privately owned natural areas in perpetuity in collaboration with its conservation partners in the Appalachian Mountains of southern Quebec. The team plans to continue this momentum with an ambitious



COURTESY

Mr. McAuslan is the fonder of the McAuslan Brewery.

target of protecting a minimum of 500 hectares of new natural areas per year for the coming years through land donations and property acquisitions.

Submitted by Appalachian Corridor

First community health fair surpasses expectations

By Louise Smith

Rev. David Lefneski was thrilled to see how well the first Community Health Fair turned out on last Saturday, April 30. Many kiosks were set up on the church grounds and there were more kiosks inside the church.

The event went on from 11 to 3 p.m. and there were steady crowds throughout the day. The weather could not have been better!

Many community groups were represented. The Townshippers' Association gave out information on its activities and it had a rock painting activity in its booth that was a big hit.

Vicky Duke and several other members of her Welcome Project Team handed out warm soup and talked about their involvement with

new immigrants to our area. Tours of the Welcome Room downstairs were available. At the Welcome Project table and at the Women's Institutes tables downstairs, donations were taken in for Ukrainian Relief.

The Sac a Mots bookstore had many English and French language books for free. The Centre d'Action Benevole de Cowansville had a booth where many of their services were discussed. The Missisquoi County Women's institutes, which consist of the Dunham and Fordyce branches, had a table where they could talk about the areas of community life which interest the institutes. The Maison de la Famille Cowansville Region were there. Mathieu Baker had a popcorn machine that helped to draw in crowds with the smell of the fresh popcorn.

Kathleen Winter had organized the production of a Community Healing Tapestry. Verveine, the health store, donated some teas to the event and was a participant. There was a station for the Cinq Epices Children's Cooking project. Le Noyau Organic Seeds was a hit. The Township Grandmothers had many brochures to promote their affiliation with the Stephen Lewis Foundation. Dr. Ballivy donated spools of floss to promote dental care. Sur la Scene Davignon had a kiosk to showcase upcoming shows which will be held at Emmanuel United. Many

other services in the community had leaflets available on a table inside the hall.

And then there was the music! The day opened with drumming in an intergenerational drumming circle. It continued with musical acts one after the other. Bill Nunnelly and Valerie Kerr, Blues Bette and Barry, Donald O'Hara, and Coco Racicot and Linda Wand drew in crowds with their musical talents.

Judging from the interest shown on that day, the Health Fair could easily become an annual event.

Women's Institute

CONT'D FROM PAGE 1

Women's institutes are actively promoting best practices in farming, women's health issues, education, national and international women's issues, and are also there to support other community groups. The president of the Dunham branch is Judy Page Jones and the president of the Fordyce branch is Norma Sherrer.



LOUISE SMITH

Colleen McManus won a gift basket from the two branches. It was presented by Edwina Bougie.



LOUISE SMITH

Norma Sherrer, left, president of the Fordyce Women's Institute branch, and Judy Page Jones, president of the Dunham branch, manned a table at the Health Fair on the grounds of Emmanuel United Church on Saturday.



LOUISE SMITH

Bill Nunnelly and Valerie Kerr performed harmoniously together.

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Pet of the week: Pixelle

Not even for a minute



National Summer Safety Week (May 1 – 7)

The traditional mental image we make for ourselves of a hot day tends to involve a bright, shining sun and a cloudless sky. Yet, as most Canadians are aware, summer months in Canada can be deceptively hot even when the sun appears to be out of sight.

National Summer Safety Week is May 1 – 7 and, this year, the Canada Safety Council is reminding Canadians about the impact that a hot day can have on the interior cabin of a vehicle.

“I think we would all agree that a hot car can be a hazardous and potentially deadly environment for anyone,” said Gareth Jones, President and CEO of the Canada Safety Council. “And yet too often, we hear of children being left in vehicles. Let’s be clear, there is no acceptable period of time where a person should be subjected to excessive heat or heat suffocation in a vehicle. This is simply unsafe behaviour.”

The Issue

At an ambient temperature of 35 °C, it takes only 10 minutes parked in the sun for the vehicle’s internal temperature to rise by 10 degrees. In the span of one hour, that same vehicle’s internal temperature spikes to 59 degrees.

This issue is only exacerbated when we consider that young children are frequently victims of these circumstances – while the human body is able to regulate its internal temperature through sweating, in-

fants and younger children do not yet have fully formed body cooling systems and are affected by the sudden rise in heat even more so than their adult counterparts.

Most often, these fatalities are accidental. The American-based KidsandCars.org states that 56 per cent of all child hot car deaths were a result of being unknowingly left in the vehicle, while an additional 26 per cent of children gained access to the vehicle on their own.

Prevention Tips

Often, incidents like these occur due to simple forgetfulness owing to the child not being in the parent or guardian’s line of sight. As such, it is important to take deliberate steps to ensure an accident like this will not happen on your watch. Get into the habit of leaving an item you cannot do without – a wallet, a cell phone, a scan card – in the back seat with your child.

A common aggravating factor lies in a change of routine. A parent or guardian who is used to leaving home and heading straight for work may forget that it is their day to leave their child at daycare, for instance. Lapses in memory can happen too easily in such circumstances, though apps exist that can send a reminder to your phone to check the backseat once you’re out of range of your vehicle’s Bluetooth system.

Submitted by the Canada Safety Council

NEVER A STRANGER

By David Edmond

No one is a stranger, just someone we have not met yet. And when we do and have a chat, they become another us.

They too have knowledge, maybe not the same as ours, but knowledge all the same. We may not look as they do, in stature or in colour, but each of us have hearts and lungs.

They breathe the same air in a manner just like us. Their heart beats to a rhythm comparable to ours. We eat and sleep in like manner.

Possibly they speak a different tongue, and that can complicate the understanding of what they say. But they can speak as we do using hands and gestures.

They try to get their point across, but in so doing, we find it quite amusing. A guessing game quite like charades is now in progress.

The more we laugh, the less the tension that can arise in meeting our new friend. The first encounter is but a step in how we evolve as people.

My name is Pixelle and I am a little female Husky...which means everything. I was found stray so we don't know much about my past. I should be around 6 years old. I am funny, adorable, charming and very very vocal. I like to talk to you about everything and nothing. Just for fun. I am also house trained, and I have a lot of energy. I like to play with toys and with my humans. And above all, I have the most beautiful eyes.

At the shelter, they call me « The Diva ». Indeed, I often act like a princess to whom we owe respect. I need a loving

and happy home with an experienced adopter. A house with a fenced yard is mandatory in order to stop my needs to explore the world.

I don't get along very well with other animals. But be sure that I will be a wonderful, fun, loyal and great companion.

I think you should give me a chance and I am patiently waiting for you. If you want to come visit me at the shelter, please write to: adoptionpcamonteregie@gmail.com

Pretty sure you will fall in love. I am sterilized, vaccinated and dewormed.

Brome County NEWS

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TEL: (450) 242-1188 FAX: (450) 243-5155
bcnnews@qc.aibn.com

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ABC Literacy Canada

Cowansville bowling alley is closing its doors

By Louise Smith

By mid-May the Salle de Quilles Bowling Alley on rue Sud, in Cowansville, will be closing its doors permanently. The building has been sold and it will be repurposed.

There are no lanes left in Cowansville which use the larger balls. Many of the teams will be relocating to the alleys in Granby for next season.

The bowling alley was under new management just as the pandemic started to go into full swing. COVID has had its effects on several businesses in Cowansville. Some restaurants and an ice cream parlour are also closing permanently.

The Wednesday Morning Breakfast League met for the last time on Wednesday, April 27. The play-offs were over and there were fun games played that day. In one game,

eights and nines counted as a strike. Under these conditions, Dave Manning scored 300, a perfect game!

After the games were over, a luncheon was served and prizes for the year were handed out. At one point, Sandra Clayton, the office manager, was

called up and presented with a card and several gifts. She was part of what made the bowling experience so pleasant over the past years.

This bowling alley has been an institution in the town and it will be strange to see it in its new reincarnation as a church hall.



LOUISE SMITH

Debbie presented Sandra Clayton with a card and gifts from the Wednesday Bowling League.

RENAISSANCE

LAC BROME LAKE

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ANNUAL GENERAL MEETING

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Learn the latest news about your lake, its tributaries, and from Renaissance Brome Lake who will present their annual report, and the status of current and future projects

EVENT OPEN TO ALL
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GUEST SPEAKER : To be confirmed

“Yarn For A Cause” in full swing

By Louise Smith

The Avante’s women’s group, which was meeting in Bedford and Knowlton over this past year, has been involved in a “Yarn for a Cause” project for several months.

Members got together and continued at home, to crochet squares in a multitude of colours. The squares were then made into lap quilts and slightly larger throws.

Over 30 throws have been completed and more are being made. They are being donated to seniors in residences and to the homeless people in our region.

The project brought members together for a good cause and the fruits of the labour of the members will bring smiles to many in the community, and to some who may have felt that there was nothing much to smile about.

The Avante Women’s Centre is a non-profit organization centered in Bedford at 9, rue Riviere, in Bedford. It welcomes women from all walks of life in Brome-Missisquoi and supports them to reach their full potential. The phone number of the centre is 450-248-0530.

2022 AGM

WHERE?

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Upcoming Ukraine fundraiser

On May 7 at 8 p.m. Nathalie Bedard, along with musicians Pierre Laurendeau (piano), Denis Frappier (guitar) and Robert Drapeau (vocals) will be performing an evening of popular music both in English and French at the Saint-Andre Church in Sutton. The proceeds from the concert will go towards the Sutton Refugee Ukrainian fund. Tickets are 35\$, and can be reserved by calling the parish at 450-538-3215 .

QCNA AJRQ

#newsmatters **FEATURE**
REACHING 384,000 OF READERS ACROSS ALL ENGLISH QUEBEC COMMUNITY NEWSPAPERS



WHY THIS COMMUNITY
NEWSPAPER MATTERS:

Small but mighty papers deliver impact journalism

BY RUBY IRENE PRATKA

Every day, Trevor Greenway sees the impact of his work.

Greenway is the editor of The Low Down to Hull and Back News, an independent weekly English-language newspaper in Wakefield which covers parts of the Outaouais region.

“If you’re new to the area, the first three things you learn about are the Black Sheep Inn, Wakefield Spring water and the Low Down,” says Greenway. “People won’t read about the town council in Low or Denholm in the Ottawa Citizen or on the CBC website, but they’ll read it here.”

The 29 English-language and bilingual member publications of the Quebec Community Newspapers Association (QCNA) distribute weekly, bi-weekly, monthly, and daily to some 384,000 readers, focusing on high-impact local news. According to the QCNA, three out of five English-speaking residents of areas served by the association read their local paper. >>



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QCNA AJRQ

#newsmatters FEATURE REACHING 384,000 OF READERS ACROSS ALL ENGLISH QUEBEC COMMUNITY NEWSPAPERS

HOLDING COMMUNITIES TOGETHER Quebec's English-language community newspapers are part of the glue that holds their respective communities together, keeping long-departed former residents abreast of happenings in their hometown and often covering great distances.

Publisher Penny MacWhirter explains that the Spec plays a vital role in the lives of English-speaking seniors, many of whom are unilingual and lack internet access.

Lily Ryan is the publisher of The West Quebec Post (established in 1896), The Pontiac Journal, The Aylmer Bulletin and The Gatineau Bulletin. Ryan notes that until her father, Fred Ryan, founded the bilingual Pontiac Journal, no English- or French-language newspaper covered the entirety of the vast, mostly rural Pontiac region, an area that takes two hours to drive. The Journal's slogan is "Uniting the Pontiac."

The Gaspé Spec, an English-language weekly in the Gaspé, plays a similar role, uniting far-flung English-speaking communities in Eastern Quebec. Before the Spec published its first edition in 1975, Gaspésians "knew more about New Brunswick affairs than they did about Quebec," the paper's website explains. The Spec is the only regional newspaper covering the nearly 350-kilometre area from Rivière-au-Renard to Matapédia.

Publisher Penny MacWhirter explains that the Spec plays a vital role in the lives of English-speaking seniors, many

FACTS

Local community newspapers remain the favourite source for local news. Local information is the top reason people read their community newspaper.

SOURCE: 2018 TOTUM RESEARCH STUDY OF MORE THAN 2,000 CANADIANS

More than 450 Canadian news outlets have closed since 2008.

At least one-third of Canadian journalism jobs have disappeared since 2010.

SOURCE: DEPARTMENT OF CANADIAN HERITAGE

Community media contributes to better informed citizens:

respondents in communities with local papers are 15 percentage points more informed about local news and information than those without one.

SOURCE: BENEFITS AND IMPACT OF COMMUNITY MEDIA IN VARIOUS COMMUNITIES ACROSS QUEBEC, 2019

VISIT QCNA.CA FOR MORE INFORMATION AND RESOURCES.

of whom are unilingual and lack internet access. In the first year of the COVID-19 pandemic, the paper produced daily online public health digests, which were then shared around the community. The extra work stretched the paper's staff of four to the limit but reinforced its public service role.

FILLING A VOID During the COVID-19 pandemic, as large regional newspapers have shrunk further due to advertising constraints, community newspapers have filled a void and helped readers understand a rapidly changing world.

In May 2020, veteran Montreal Gazette reporter Brenda O'Farrell founded The 1019 Report, covering all 1,019 square kilometres of Vaudreuil-Soulanges. Existing local publications had closed, and the Gazette had stopped running a weekly segment that focused on the area.

"This area, which has one of the fastest-growing English-speaking populations in the province, had no local English media," O'Farrell says. Her goal was to launch a "hyperlocal publication worthy of people's time," and the weekly quickly stepped into the gap left by its vanished predecessors.

Thanks to a risk-taking town councillor, O'Farrell exposed a real estate cover-up, and her reporting led to major changes in local urban planning policy. "We were able to give voice to one person who said, 'This is wrong,' tease out what was and wasn't true and give people the proper information," she says. "This is the role newspapers play in a democracy."

STORIES MAKING NATIONAL HEADLINES Community newspapers are staffed by dedicated journalists who leverage the trust they have gained from years of community involvement to cover stories that make national headlines.

Last fall, a Chelsea teacher called Greenway at the Low Down newsroom to say her colleague, Fatemeh Anvari, had

been reassigned after wearing a hijab in class during the height of the province-wide debate about Bill 21. Greenway met Anvari, who was initially reluctant to be interviewed, and spoke to her about the story's potential impact.

"She was worried the story would put a target on her back, but she got so much support," Greenway recalls. A Léger poll suggested that support for the secularism law dropped from 64 per cent to 55 per cent after the Low Down published Anvari's story; Prime Minister Justin Trudeau expressed his support for Anvari, and the story was picked up by The Washington Post and The Globe and Mail.

Community newspapers are staffed by dedicated journalists who leverage the trust they have gained from years of community involvement to cover stories that make national headlines.

"All political stories start at the local level, and (Anvari's) story is a great example of that," comments Low Down publisher Nikki Mantell. Like Ryan, Mantell has devoted her entire professional life to community journalism.

Greenway launched his journalism career at the Low Down before working for a daily paper in Ottawa. In 2021, he returned to the paper as its editor.

"I did break some big stories in Ottawa, but I don't feel that they had the same impact on the readership." Community journalists, however, can explore major stories that have an impact on people directly at home, Greenway says.

CEDEC

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Up and running with no grants, no formal training

Tristan Sparkes pastures 55 head of cattle, awaits sugar-bush quota



TOWNSHIPS' FARMERS
SCOTT STEVENSON

shelter in his pasture blew over in the late-April windstorm.

In his case of settling, the cattle came first, thanks to a camper he lived in after first buying the land. Then the municipality told him he couldn't live in it permanently, so he converted his first calving hut and tool shed into a one-room-with-a-sleeping-loft home. It features a woodstove for heat—about two and half cords a year—and no running water. Electricity was added recently.

Down the south slope from his cabin, over 50 head of red and black Angus cattle were pasturing on the late April day when I visited. His is a cow-calf operation, selling calves to other farmers who want to build up their herds of beef cattle.

He started with 100 head but had to downsize to finance part of his farm build-up.

Sparkes, 24, now works part-time off the farm, at Lionel Roy's feed lot in Learned Plain. Seven or eight years of full-time work there gave him the savings to buy his own farm—with no formal farm training and no government grants.

Many young people coming out of agricultural school today are eligible for as much as \$50,000 in grants to get

Tristan Sparkes is setting himself up in life much the way his ancestors would have when first settling in the Townships: acquire the land, build a shanty, get some cattle out to pasture, build a barn, then eventually the house.

He lives in a 10-foot-by-12-foot one-room cabin he built on skids two years ago, after buying 105 acres of farmland outside Island Brook, well over halfway from Mount Orford to Mount Megantic.

The long view west to Orford is spectacular—as are the prevailing westerlies that hit Sparkes unobstructed from many miles away. A temporary



SCOTT STEVENSON

Tristan Sparkes also serves as English-speaking community rep for the Upper Saint Francis Union des Producteurs Agricoles.

their farm started.

From 7 a.m. to 3 p.m., Sparkes works at his feedlot job, then returns to his farm for its responsibilities. "I've still got to come home, feed the cows, and then there's other stuff I've got to do. It's a hard thing."

His dream? "Definitely I'll build a house, and I'd like to start the sugar bush. Then I'd like to sell [food to customers] at the farm."

Sparkes applied last fall for 5,000 taps of quota to get his sugar bush going but wasn't accepted. He said he'll have another chance to apply again this year. If successful, he'll borrow about \$260,000 to build a sugar cabin, buy the equipment he needs, and set up his operation.

Sparkes grew up in Island Brook, where his father farms, and his father grew up in Birchton where his

grandfather farmed. Young Sparkes rents pasture in Ascot Corner from his mother's father. "I'm from generations of farmers," he said, "but we just keep switching spots."

He would like to acquire more land himself, eventually, but his focus now is on earning as much as possible with what he owns, and he looks forward to the sugar bush, especially, to make that viable.

"That's my number one priority. The house will come later. The house won't make me money, that's for sure."

Family will likely come later too. "Definitely, I'll have kids some day," he said. "But first I'll finish building up the farm." And his girlfriend? "She likes it, I guess. She likes the lifestyle too."

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

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between heaven and hell



What's behind the creative mind

Celebrating the arts in Brome-Missisquoi



Alexandra Hauffe

By Hannah Polinski

Much to the dismay of her parents, Knowlton-based tattoo artist Alexandra Hauffe got her first introduction to the world of body art at 17. A realistic-looking butterfly was drawn onto her foot in black ink, and she was immediately hooked. In the years that followed, she poured over the rich history of tattoo art, learning as much as she could. Years later, it was inevitable that she finally picked up the tools herself and tattooed a tiny star on her ankle.

While she has always been fascinated by tattoos and body modifications, Hauffe only recently began the art of tattooing. A trained pastry chef and bread maker, Hauffe has worked in the restaurant business for almost a decade. While food remains one of her passions, Hauffe set up a tattoo studio at Le Loom in Knowlton this past March, where she is now accepting clients.

For the first six months of her foray into the world of tattoo art, Hauffe practiced on herself. She soon began to seek out new people to tattoo, and found her family, friends, and partner were open to letting her practice on them.

"At the beginning it's hard to describe the pressure you put on yourself to give people something to decorate their bodies that they will be happy about forever," she admits. "It can be challenging. But once you get past the learning curve and gain some confidence it becomes something I really take pride in doing."

When getting a piece of body art that will stay with you forever, it's understandably important to choose the right tattoo artist. Hauffe is very grateful to the people who were willing to let her practice tattooing on them as they have allowed her to get where she is today. She even found that some people like to know that they are getting a tattoo from someone just starting out. Yet, it's no surprise that people put great faith into her hands, as it's clear from her designs that she is a talented and meticulous artist.

Hauffe's style consists of abstract blackwork, minimalist lines, and aesthetic dotwork. Her creative eye turns drawings of objects as simple as a chair with swirl-pattern print into beautiful designs to be inked on the body. These swirls are echoed



elsewhere in her work, composing the twisting body of a snake and the contrasting contours of a waxing moon. Hauffe technique varies between machine and hand-poke tattoos, giving a wider range to the styles she's capable of bringing to life.

Being a tattoo artist has given Hauffe a new creative outlet, which is something that has allowed her to forge new connections and have interesting conversations with strangers. She has called Knowlton home since 2019, where the area's beautiful natural surroundings and diverse community of artists have allowed her to draw a new source of inspiration that she did not have when living in the city.

Whereas in the past, tattoos were sometimes looked down upon, Hauffe notices attitudes towards tattoos changing. Having a tattoo is more widely acceptable than ever, and she comes across many people who have

at least one tattoo.

"It's a great way to decorate your body with something that is important to you and I think people are starting to realize that," she says.

The reasons for getting a tattoo can range from spiritual to aesthetic, which is what Hauffe finds most interesting about tattoos. Some chose to get tattoos that represent their cultural beliefs and traditions, whereas others want to display unique pieces of art on their bodies. Coming from a family where having a tattoo was frowned upon, Hauffe found that she never felt comfortable in her own skin until she had a tattoo, allowing herself to present her body as she liked.

To learn more about Hauffe's work, you can find her on Facebook and Instagram at @willowtreetattoos. She can be reached by email at willowtreetattoo@gmail.com for any questions or inquiries.

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JOB OFFER Executive Director

Posting period: April 21 through May 22, 2022
Start date: Immediate

Located in the beautiful village of Knowlton in Quebec's Eastern Townships, and founded by The Brome County Historical Society in 1897, the Lac-Brome Museum's (LBM) mission is to preserve the historic heritage of Brome County. LBM operates the Lac-Brome Museum and its archives which are both fully accredited. It has undergone a veritable renaissance over the past five years, having completed two major renovations of its campus of eight heritage buildings which house over 20,000 historic artefacts, many of which are not found anywhere else in Canada or the world. The LBM is a non-profit organization.

Job Description & Responsibilities

The LBM wishes to hire an enthusiastic and motivated person to join its dedicated team of four, and its Board of Directors. The ED will be responsible for managing the museum and archives, and will have a unique opportunity to effect real change as the LBM plans for continuing growth and modernization.

Reporting to the President of the Board of Directors, the ED will have the following key responsibilities:

- Overall management, vision and strategy including financial, budgets and human resources
- Fundraising
- Spokesperson and advocate on behalf of the LBM
- Marketing, expanding visitor traffic and membership, and communications
- Digital development and management
- Risk management and mitigation
- Relationship management with stakeholders, and ongoing stewardship with sponsors, donors, membership, federal, provincial and municipal governments.

Emphasis will be given to the first two on the list above.

Experience & Qualifications

- Degree in a relevant discipline (business administration, communication, philanthropy, non-profit management, museum studies, gallery studies, cultural studies, history, archaeology, or similar); or a business background with a strong interest in museology and the arts
- Bilingual, with strong verbal and written communication skills in English and French
- Experience in fundraising initiatives, including grant writing, and soliciting and stewarding government, corporate and individual donors, and sponsors
- Minimum five years' experience at a senior level in a museum or cultural organization, or business ownership and administration
- Proven success in a leadership role, and ability to communicate effectively to a wide range of stakeholders
- Knowledge and management of financial resources, including budgeting
- Demonstrated ability to work in a team setting as well as individually, and experience building and supporting teams
- Solid understanding of digital technology and social media
- Previous experience in a not-for-profit organization, an asset

Work Location: The work office is located at the Lac-Brome Museum, 130 Lakeside, Knowlton, Quebec. The ED will be expected to work from the office location at least three days per week.

Status: Permanent, full-time position; one-year trial period. Qualified candidates would be considered for a part-time position.

Salary: Negotiable based on previous experience and full-time or part-time position.

Applications: Applications must be submitted via e-mail to adele.hebert@bell.net with the subject line "**Executive Director Position – Reference Number 2022-0430-1**" by 5 p.m. May 22, 2022. Please include a cover letter and curriculum vitae.

The LBM is committed to the principles of employment equity and diversity. We encourage candidates to self-identify if they are an Aboriginal Person, a member of a visible minority group, or a person with a disability.

Only the selected candidates will be contacted for an interview.

SUTTON

Many affordable antiques for sale at the Sutton Saturday Market, 2 Curly St., on May 7. Visit Bonnie's booth. Info: 450-538-0134.

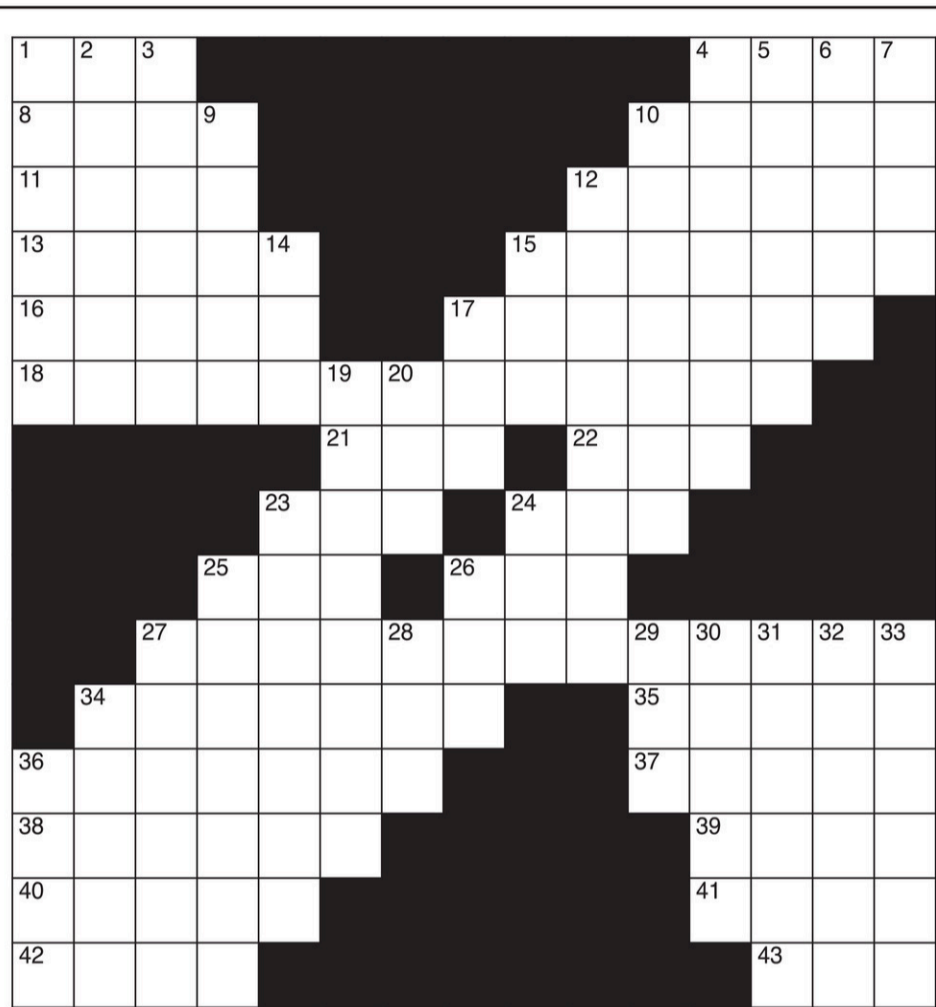


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CLUES ACROSS

1. A power of perception
4. Slotted hinged metal plate
8. Popular crop
10. Siamese fighting fish
11. Larval crabs
12. South American mammal
13. Occur as a result of
15. Slavic language
16. An electric underground railway
17. Transporting
18. A direction
21. Opposite of start
22. Mock
23. People love and hate it (abbr.)
24. A people of Myanmar
25. A Queens ballplayer
26. Southern Thailand indigenous person
27. Famed actress
34. Thin strips
35. Bluish greens
36. Ridiculed
37. Having the shape of a cube
38. Came down
39. Indian religious god
40. "Bewitched" actress Moorehead
41. Leak through slowly
42. Buzzing insects
43. Midway between south and southeast

CLUES DOWN

1. Skin condition
2. Earlier
3. Right away
4. Vomiting
5. Go to
6. "The Police" frontman
7. Bullfighting maneuver
9. Pacific island
10. A system of algebraic notation
12. A room used for the activities of a group
14. The longest division of geological time
15. Car mechanics group
17. A barrel of liquid (abbr.)
19. Bound to do
20. Explosive
23. Ridicules
24. Adult male
25. Military personnel
26. French and Belgian river
27. Found in the sea
28. A share lost in default (abbr.)
29. Type of medication (abbr.)
30. City on the Rhine
31. Animal disease
32. They're in martinis
33. Get away
34. Wampum
36. Lacking brightness

Solution on page 11



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Death



Clinton EWENS

1948 - 2022

It is with great sadness that the family of Clinton Donald Ewens announces his sudden passing on March 12, 2022 at the CHUS-Fleurimont in Sherbrooke at the age of 73.

He leaves to mourn his children Derek and Scott (Erin), his grandchildren Nico, Ella, Brayden and Ashton. He also leaves behind his sisters, other relatives and many friends.

The family wish to thank all the doctors, nurses and staff of the CHUS for their good care.

Donations in his memory can be made to the CHUS-Fleurimont at <https://fondationchus.org>

A memorial will be held at a later date.

Arrangements entrusted to:

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Death



William MOYNAN

1946 - 2021

William Moynan passed away peacefully at his home in Knowlton on December 12, 2021. He leaves behind, to mourn his passing, his wife Cindy Osborn and their daughters Alicia and Caitlin. William is predeceased by their son Benjamin.

He also leaves behind daughters Barbara, Valerie and son Curtis from a previous marriage, as well as numerous nieces, nephews, grandchildren and great-grandchildren.

As per his wishes, he was cremated and will be buried next to his son at Riverside Cemetery in Brigham, Quebec. A graveside service will be held on Saturday, June 4th at 11 a.m., followed by a celebration of his life.

Thank you to the nurses, doctors, 1st responders and ambulance drivers who went over and beyond in their help and kindness. It is appreciated more than you can ever know.

Arrangements entrusted to:

DÉSOURDY FUNERAL HOMES
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FAX: 450-263-9557
info@desourdy.ca
www.desourdy.ca

Death



Roderick Charles RIORDON

1932 - 2022

Passed away peacefully in Cowansville, QC on April 11, 2022, at the age of 90, long-time resident of Dunham, QC, dear husband of the late Mary Bullock, and son of the late Harold Riordon and Ernestine Ellis.

His memory will be cherished by his children Charles (Maryse Saint-Jean), Sheila and James (Wanda Lowenstyn); his beloved grandsons Ian, Bryn, Teague and Reilly; his brothers Spruce (Marsha) and Peter (Berti) and nieces and nephews; as well as other relatives and friends.

The family will receive condolences at the All Saints Church in Dunham, May 21, 2022 at 10 a.m. followed by a funeral service at 11 a.m.

In lieu of flowers, donations to the BMP Hospital would be welcomed. www.bmpfoundation.ca

The family would like to thank the doctors, nurses and staff at Manoir Lac Brome and BMP for all of their care.

Arrangements entrusted to

BROME-MISSISQUOI
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PHONE: 450-266-6061
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Cemetery Meeting

DUBOYCE CEMETERY

The annual general meeting of Duboyce Cemetery will take place at 25 Taylor, Lac Brome, on May 7, 2022, at 10 a.m. All members welcome.

RIVERSIDE CEMETERY COPANY

The first post-Covid Annual General Meeting of the Riverside Cemetery Company will be held in the Town Hall, 228 rue Principale, East Farnham on Saturday, May 28 at 10:00 a.m.

All interested parties are most cordially invited.

David Byers,
Secretary

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Learning loss is not just for kids, how you can catch up

(NC) Some evidence suggests that during periods of time without learning, we can lose some of the knowledge and skills we have acquired. While this learning loss is sometimes thought of in terms of kids coming back to school with rusty reading and math skills after summer break, it can actually happen to anyone. Our brain functioning can become static, and it comes back to the saying, "use it or lose it."

While the basketballer Allen Iverson once shunned "practice," claiming he was "all about the game," most

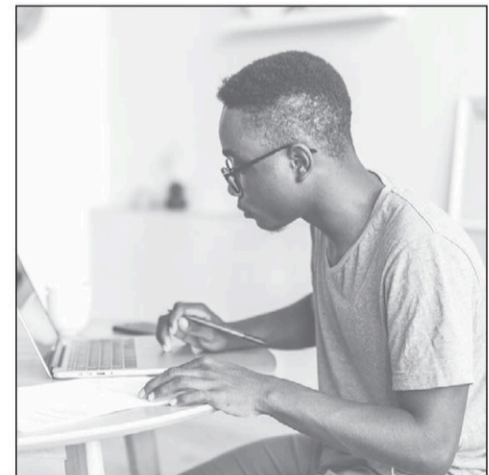
amateur and professional athletes would likely support the notion that a strong regimen of practicing your skills is key to staying sharp and ready to compete. This idea can apply broadly when it comes to everyday skills too - like communication or writing.

For instance, during the pandemic we all experienced a string of changes and uncertainty due to things like illness, layoffs or working from home. The world has shifted so much that it's really no surprise if you've lost ground on some of your skills. If you feel that your skills in areas like

communication or technology might be lagging, know there are resources like ABC Skills Hub that can help you to catch up or supplement your learning. This platform provides free courses on money skills, work skills and others, and is fully accessible across different devices.

It's a great option for adults to help boost your skills for the job market. You can catch up and use your own initiative to bounce back and get in the good habit of practicing your learning.

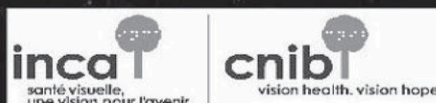
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How to plan a special Mother's Day as pandemic restrictions are lifted

(MC) Mother's Day has felt a little less than normal over the last couple of years. The COVID-19 pandemic led to the cancellation of many Mother's Day gatherings in 2020, and while things felt more familiar in 2021, this year may mark the most normal Mother's Day celebrations since 2019.

Pandemic-related restrictions have now been lifted. Though it's best to confirm if any rules and restrictions are still in place before making any plans, individuals who want to make sure Mom has a special day can consider these planning pointers.

- Revisit old traditions. There's many ways to let Mom know she's special, but after two years of living under the specter of a pandemic, few things might be as meaningful to Mom as a return to pre-pandemic traditions. Book a trip to a destination you've visited on Mother's Day in the past. If possible, visit a locale where Mom spent her first Mother's Day as

a parent, ideally staying in the same hotel or rental home that hosted you back then. If it was once tradition to spend Mother's Day in a big city, return there and enjoy a day that recalls pre-pandemic life.

- Book a special trip. Millions of people canceled or postponed travel plans during the pandemic. Now that many places, including foreign countries, have lifted travel restrictions, families can feel safe taking off for parts unknown. Such a trip can be even more special if it's a surprise for Mom on Mother's Day weekend.

- Make it a family affair. Even Mother's Day celebrations in 2021 were likely smaller affairs than some moms might have preferred. If Mom spent some time wishing more family could be around on Mother's Day over the last two years, make a concerted effort to include as many family members as possible this year. Encourage grown children to travel home for the holiday



Happy Mother's Day!
A day to remind all moms that we love them and thank them for the light they bring us!

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and invite Mom's parents and siblings over to celebrate as well.

- Get out of the house. A homecooked meal might have warmed Mom's heart in recent years, but a day out of the house might be especially welcomed this Mother's Day. Book a reservation at Mom's favorite local restaurant so no one has any cooking or cleaning

to do this year. Just be sure to book a reservation early, as the competition for a table figures to be especially stiff this year.

Mother's Day celebrations in 2022 should feel more normal than they have in years. Families can capitalize on that by planning a day Mom won't soon forget.



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