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WEDNESDAY, NOVEMBER 24, 2021

Vaccination now under way for children 5-11

By Gordon Lambie

Although the press conference scheduled to announce the details of the vaccine rollout for 5-11 year-olds did not begin until after press time, the ClicSanté online portal was already open for appointments on Tuesday morning, with appointments being booked as early as Wednesday.

Health Canada approved a child dosage for the Pfizer-BioNTech vaccine last week and Health Minister Christian Dubé has repeatedly said that he hopes to see all children 5 and up who wish to be vaccinated by Christmas.

If Quebec opts to respect the recommended interval of eight weeks between doses, those children who receive their first dose this week should be able to receive a second dose by mid to late January.

The province reported 699 new cases of COVID-19 on Tuesday, bringing the total number of people infected since the start of the pandemic to 440,462 with 6,326 active cases.

There were five new deaths recorded, for a total of 11,565.

After having risen slightly on Monday, the number of hospitalizations decreased by one to 203, with 46 people in intensive care.

Monday's report from the Eastern Townships brought the news of 318 new cases of COVID-19 over the weekend, bringing the total number of active cases in the region to 865. After several continuous days of increases, Tuesday's report from the provincial institute of public health saw that total decrease very slightly, to 864.

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“It’s not a problem of services, it’s more of problem of societal choices”



GEOFF AGOMBAR

By Geoff Agombar
Local Journalism Initiative

Under Joffre Bridge in downtown Sherbrooke, two circles of a few dozen brightly coloured dome tents have popped up and the plasticky smell of trash can fires fills the air.

Walls of blankets and palettes ring the encampment. A young father and daughter drive up with a box of sandwiches. This is his second drop-off and he knows little about why the camp has expanded these past few weeks. He just knows that food is welcome.

A Fire prevention services Chef de service SUV passes behind a neighbouring business then emerges by the tracks and rolls alongside the camp. The driver slows at open sightlines through to the fire cans. One camp occupant says they have had to put fires out if they were unattended or if someone said it is not yet cold enough to need one. The SUV rolls on.

A group of students from Champlain College arrive pulling a small trailer. Mathieu has a ziplock with several packs of smokes and a small load

of cut wood. Kelly and Mathieu say they came yesterday to check what people wanted before asking fellow students for donations. Things to keep warm was the request, gesturing to the firewood and bags of warm clothes, hats and blankets.

Richard and his son have come with jackets and blankets too. Richard wonders why the city is not parking heated city buses alongside the camp at night. One camp occupant suggests church basements could be opened at night.

Rumours circulate about Partage

CONT'D ON PAGE 3

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Weather



TODAY:
MAINLY SUNNY

HIGH -3
LOW -10



THURSDAY:
SUNNY

HIGH 2
LOW -5



FRIDAY:
SNOW OR RAIN

HIGH 2
LOW -2



SATURDAY:
SNOW

HIGH -1
LOW -8



SUNDAY:
60 PER CENT
CHANCE OF
FLURRIES

HIGH -1
LOW -5

HAND IN HAND

Sercovie annual general meeting

The results of a year in a pandemic and elections to the board of directors



On Monday, Dec. 6, Sercovie will hold its annual general meeting including, among other things, the presentation of surprising results from the pandemic year gone by and four positions up for election on its board of directors. Nominations for these positions closed on November 19, and were only open to Sercovie members. There are many advantages to becoming a member, all of which are detailed here (in French): <https://sercovie.org/a-propos/cartes-de-membres/>.

Financial Report:

The administrators of Sercovie adopted a deficit budget for the year 2020-2021 in the face of the multiple constraints in terms of stand-alone sales and service closures resulting from the pandemic. In light of that reality, the organization is particularly proud to be able to file financial statements showing that efforts to return to a balanced budget have paid off

A team that knows how to adapt:

Due to the Pandemic, the Sercovie activity center in Fleurimont switched to 'virtual mode.'

The MOVE50+ project (Mon Objectif Vieillir En forme), the benchmark in physical activity for people aged 50 and over, was among the 10 global finalists for the Fit for life award in Switzerland.

The frozen take-out counter has

seen an explosion in sales.

Strong positive results emerged from the survey to which nearly 550 Meals on Wheels customers responded.

Everyone is welcome to the general assembly, however, only members in good standing will have the right to vote.

Sercovie's name is a French acronym for Community Life Services. Founded in 1973, the organization has the mission of promoting the adoption of a healthy, active and enriching lifestyle among people aged 50 and over through leisure and volunteer activities aimed at helping seniors and people losing their autonomy, in particular through the

Meals on Wheels service, which is the largest of its kind in the region. Over the course of 2020, the organization delivered 144,506 meals to close to 1,500 seniors. Sercovie's program offers hot and frozen meals delivered to seniors or people with a loss of autonomy in order to support their independence and autonomy. Meals are available for delivery five days a week starting at \$ 6.00 for frozen meals and at a cost of \$ 6.75 for hot meals.

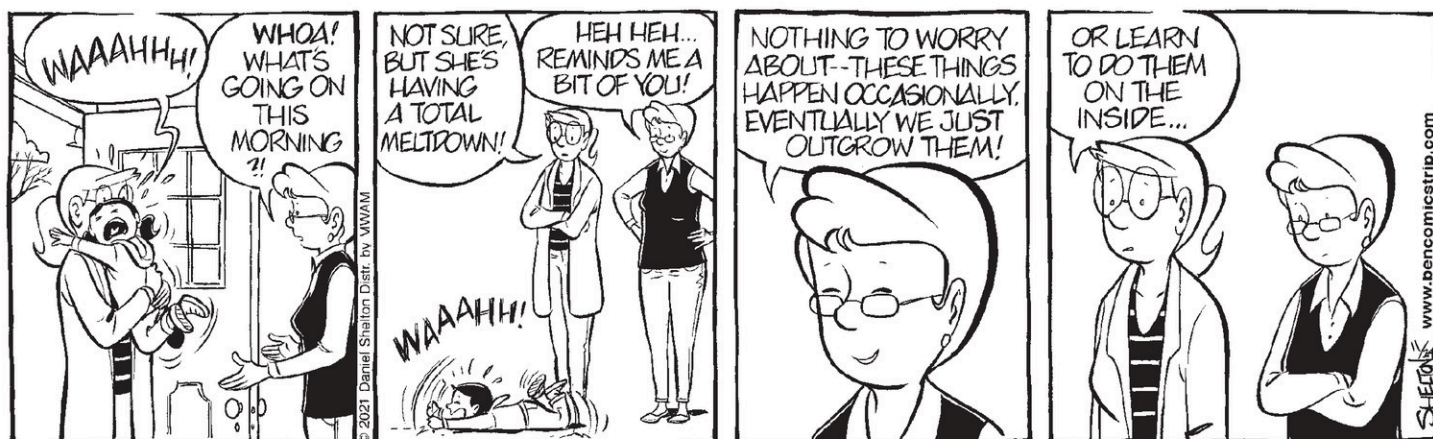
More information on the work of Sercovie is available (in French) at <https://sercovie.org/>. To sign up for Meals on Wheels through their service call 819-565-5522 or visit www.sercovie.org/popote-roulante.




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Ben by Daniel Shelton



Local News

Almost 4,000 people died in long-term care homes between February and June 2020, accounting for nearly 70 per cent of the deaths reported in Quebec during the first wave.

Quebec ombudswoman calls for review of long-term care model after COVID-19 deaths

The Canadian Press

Quebec's ombudswoman is calling for a vast overhaul of the way the province cares for elderly people.

Marie Rinfret issued the recommendation in her highly critical report tabled today on the government's management of the

first wave of the COVID-19 pandemic, in the spring of 2020.

She concludes government officials took a "hospital-centric" approach to preparing for the pandemic and neglected the danger posed to long-term care homes despite the fragility of their residents.

The report paints a picture of

a health system that was thrown into chaos, resulting in improvised decisions, confusion around staffing, and a failure to properly apply directives.

Almost 4,000 people died in long-term care homes between February and June 2020, accounting for nearly 70 per cent of the deaths reported in Quebec during the first wave.

Rinfret's 27 recommendations include adopting of a risk assessment and management policy in long-term care homes, creating a detailed plan for infection prevention and control measures, and rethinking how the province provides living spaces for the elderly.

Joffre Bridge

CONT'D FROM PAGE 1

Saint-François (PSF) across the street. One camp occupant is angry that he can't use their beds anymore because he got angry and accused people of stealing his stuff. Another is excited for an afternoon appointment. He is pretty sure he will be accepted into a long term bed in the reintegration program. Someone claims the PSF is closed and the beds are empty. Others gesture that they do not want to talk to a reporter or are grabbing some sleep in tents now before the cold of night sets in.

Dave Dupuis-Beaudette is passing through to get some food and gather any loose bike parts. He says he tends to avoid the camp at night. He prefers to pitch his tent in some woods and gestures downriver. He says he hates the sound drivers revving their motors or honking their horns at the camp as they speed past the camp on Wellington at night.

Sébastien Roussel-Konan is called off the sidewalk by a friend in the camp. Like Dave, he does not use the camp. He has found a friend nearby. He complains of changes to laws governing appeals to eviction notices. Dave and he both complain of landlords and the complex process to avoid eviction when you can't pay and have nowhere to go. Fines on fines, costs of lawyers, lawyers that refuse to take a case, processes for appealing lawyers not taking your case.

"I don't understand how they can put people on the street during a pandemic in the winter," says Roussel-Konan. "When you can't pay your

electrical bill, Hydro Quebec will even come and reconnect it in when it gets cold and arrange payment plans. But it's not like that for evictions. The tribunals will put you out on the street where you can freeze to death."

At the PSF Comptoir charity shop, an employee calls the general director Sebastien Laberge, who is the only person to address media inquiries. Laberge is out of the office on vacation but answers an email in short order.

"First, people need to understand that the presence of the people under the bridge has nothing to do with the closures at Partage Saint-François," says Laberge. "The problem at PSF is a lack of staff, and that has led to a reduction of some services on some nights."

"But we've only been closed on four nights this year," he explains. "So, our full regime of services is available, like usual. There have been no closures this week. There were no closures last week. We don't expect any closures in the next month, not before the holidays."

Laberge says that his organization has between 50-60 beds. Of those, 23 are emergency beds, and of these five are "sobering up" beds, so 18 regular overnight spots. "When we did have closures, it was just the emergency beds. For the people in medium term beds, working to establish stability and engaged in the reintegration process, we found ways to maintain accommodations for those people."

Laberge's organization serves between 400-500 different people each a year. Some, for just a week or month,

others for the full year. He says estimates count between 500-1,000 people experience homelessness or housing precarity each year. Counterintuitively, his services may be more highly trafficked in summer because the threats of winter push people to find a more stable solution.

During the early phases of the pandemic, he notes that demand for his services crashed while people were receiving monthly subsidies from the government. He agrees that period could be described as an experiment with a form of universal basic income, "Almost, yes. All of a sudden there was hardly anyone coming to the shelter."

As to why the camp has appeared across the street, Laberge says "Those people are there, because they want to be there."

"People will tell all kinds of stories about they are there but there's nobody in the camp that doesn't have the right to come into PSF or to go take advantage of other resources."

"There are more and more people who are sheltering there," he admits. "But if they shelter there it is because there are more and more people who are bringing them supplies. More and more citizens who think that they are doing good bringing coats, tents, wood, food and all kinds of things. But in the end what it means people stay there and they are creating a kind of ghetto."

"People are in the process of installing themselves more and more permanently. The city even brought them a

chemical toilet."

Laberge feels that drug use and mental health issues are common among the camp occupants.

"There are limits that we cannot cross, and often these are people who are not cooperating with the services offered to them," says Laberge, listing examples like expecting nonviolence and expecting showers and laundered clothing when people come in. "If someone brings in bedbugs, I have to close the whole dormitory."

Laberge agrees that homelessness is a growing problem, but that it is a slowly growing problem, not something which has exploded in recent weeks or months. He agrees that visibility of the problem has exploded, however.

"This is not a new phenomenon. The services at PSF have been full for years. The shelter was full five years ago, and it is still full now," Laberge said.

"These people have been there for years. It's just that when you pitch a tent you are much more visible than when you sleep next to a post in a sleeping bag."

"Indeed, there is a serious problem in Quebec. Our streets are an open asylum," says Laberge. "Itinerancy is a mental health problem. Technically, it's not that the services are not good. Mental health services are very weak."

"It's not a problem of services, it's a more problem of societal choices."

Vaccination

CONT'D FROM PAGE 1

Within the region, the hardest hit areas according to rate of infection were Des Sources (668.1 cases per

100,000 people), Granit (558.4 cases per 100,000 people), Memphremagog (341.9 cases per 100,000 people), and the Haut-Saint-François (258.7 cases per 100,000 people). The region with the

highest number of individual cases remained Sherbrooke, with 247, followed by Memphremagog with 181, and Granit 119.

There were nine people in hospital

for COVID-19 in the Townships on Tuesday, one of whom was in intensive care.

The next detailed update for the Eastern Townships is due Wednesday.

Small farms can help save the day

Food supply needs decentralization for security and vitality



FARM NEWS REVIEW
SCOTT STEVENSON

Local Journalism Initiative

The anguish in the B.C. farmer's voice last week was acute as she described desperate cows in flooded barns in the Fraser River valley. Every livestock farmer across Canada—and many others—listening to the CBC Radio report felt her pain and the animals' terror.

Last week's news told of thousands of animals dying due to the so-called atmospheric river, more of which is forecast for British Columbia this week. The news also went quickly to the implications for Canada's food supply and the province's supply-management system.

You can't just turn on a switch to have more cows and more milk

or more chickens and eggs, the B.C. farmer told CBC. It takes time for animals to be raised for production, and a whole province's supply is planned—but not usually for crisis on the scale of British Columbia's.

Supply management brings stability to the farm industry, where a free market otherwise makes it vulnerable to major fluctuations in supply and price. Aggressive players can create disruptions in the market with large cash investments, price cuts, and suave marketing.

But what happens when external factors such as climate-change disasters are the cause of disruption? How do we ensure a food supply?

Might this be one of the roles of small, urban, and backyard farmers?

Another important news item last week, inflation, is not unrelated. Food is costing us more, for many reasons. And perhaps it should.

Canadians, North Americans, people of the western world generally have been living through a time of unrealistic luxury, surely. Our society can afford cruises, all-inclusives, cottages, Seadoos in part because our necessities—food, clothing, and shelter, in particular—are produced by borrowing heavily on the future, even taking from others in some cases. Think of Indigenous peoples; under-paid

workers around the world; polluted land, water, air; deforestation.

When we've borrowed and taken too much, we pay the price. And when the cost of production becomes more realistic, the prices we pay will surely rise.

Small farmers operate mostly outside the large industrial, supply-management system. They can't afford to borrow too heavily, and they often want to leave the place better than the way they found it.

In Quebec, our supply-management system allows a bit of room for small farmers: making and selling maple syrup without a quota as long as it's in small quantities sold from the farm; raising chickens for meat and eggs as long as you don't have more than 300 meat chickens or 99 laying hens.

This creates some insurance for our food supply and a measure of stability in food prices. Making more

room for small farming, outside the supply-management system, could increase that stability in supply and price particularly in the event of crisis.

This is also just another way of saying that we must not allow our food system to become overly centralized or homogenous. With large quotas, big money, huge greenhouses, and mammoth tractors, the temptation to grow big is there more than ever.

But when one of those farms, much less 25 of them, floods, or when disease hits an over-sized abattoir and all the small ones have closed, where will we go for our food? How much will we have to pay?

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

Local butcher beefing up their offer for Moisson Estrie

By Gordon Lambie

As a part of the celebration for the fifth anniversary for their location on Saint-Roch Road in Rock Forest last week, the family behind the Face de Boeuf butcher shops announced a holiday partnership with local food security organization Moisson Estrie.

"To thank the Sherbrooke community, we decided to align ourselves with Moisson Estrie, to give back a part of our success," said Sylvie Bouffard, co-owner of the family business. "We know the needs are great and have only gotten bigger with the pandemic."

Drawing on their prime area of expertise, Bouffard said that the shops have committed to donate a pound of meat to the organization for every five pounds of meat-pie

filling sold at any of the any of the business's locations between Nov. 18 and Dec. 15,

"We hope our clientele will get on board this initiative with us," she said.

Geneviève Dorion-Bélisle of Moisson Estrie said that the donation of meat from a reputable source is a big help.

"Despite all our efforts, there are certain items that are harder for us to acquire, such as meat," Dorion-Bélisle said, noting that meat is in very high demand by Moisson Estrie's partner organizations, but is not often easy to acquire.

"During the holiday season we are able to count on the great generosity of the population," she said. "It feels good to be supported like this and it allows us to help even more people."



GORDON LAMBIE

Jean-Phillippe, Jean-Sébastien, and Sylvie Bouffard of the Face de Boeuf butcher shops with Geneviève Dorion-Bélisle of Moisson Estrie (left) and Sherbrooke city councillor Nancy Robichaud.

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THE CAMPAIGN RUNS FROM NOVEMBER 15 TO DECEMBER 6

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Daycare workers increase pressure ahead of unlimited strike vote

By Michael Boriero

For a second consecutive day public daycare workers in Quebec were outside, signs and megaphones in hand, braving snow and freezing temperatures, and demanding the provincial government return to the negotiation table with a respectable contract offer.

Early childhood educators and support staff — administrative, kitchen and maintenance workers — in Quebec’s Centres de la petite enfance (CPE) network are also slated to be on strike Wednesday and Thursday. They hope to force the government to meet their demands.

According to Megan Stratton, an educator at the CPE Jardin de Fanfan in Magog, there was an offer presented last week, but the union rejected it because it only focused on the educators, leaving out the thousands of workers who keep CPEs running on a daily basis.

“It was refused because it was as if they weren’t recognizing the jobs of everybody that works in a daycare. It’s not just about money, it’s the fact that they’re asking us to do more tasks, more jobs, and taking away from our planning time,” said Stratton.

It was a strong offer for qualified educators, she explained, but support staff were only presented a two per cent raise increase, which felt like a slap in the face. Stratton said her staff is travelling to Montreal

Wednesday to join their voice with other CPEs on strike.

She added that Thursday could be a pivotal moment in the negotiations, as the Eastern Townships CPE unions will gather at the Delta Hotel in Sherbrooke to vote on an unlimited strike mandate, which means public daycare centres could be closed indefinitely.

The last contract agreement signed by daycare workers left them without paid holidays, Stratton continued. And the government has since heaped more duties onto educators, including in-depth reports for every child, and two annual meetings with parents.

Stratton said that if CPE workers vote in favour of an unlimited strike, it will undoubtedly have an immediate impact on parents and children across the province. She has seen a lot of support from parents, but at the same time, many of them are reaching a breaking point.

“The parents are on social media. I’m seeing different friends that are parents post on the union pages starting to complain not necessarily against educators [...] but the fact that the parents have taken such a toll in the past year, year and a half, with Covid,” said Stratton.

Hélène Corbeil, the director general of CPE Panda in Lennoxville, told The Record that the unions are determined to get equal pay for everyone working in the public daycare network. An unlimited strike



COURTESY OF MEGAN STRATTON

Photo from CPEs last strike period in October

isn’t ideal, she noted, adding that she wants it to be resolved earlier.

“Well we hope it doesn’t come to that. I’ve never seen that historically. I’ve been in the system for 30-something years and I’ve never seen an unlimited strike in the CPE. We’re hoping it will be resolved before it comes to that,” said Corbeil.

However, she understands the necessity to put more pressure on the government, even if it has a cascading effect that will leave

children and parents in a precarious situation. The parents at her daycare centre have been understanding, but they also want to see a quick resolution.

“It destabilizes the parents. It’s unfortunate, the parents and the children are always the ones affected by this situation, but we need to understand that CPEs need to be recognized for their value, and the things they do, and everything that goes with it,” said Corbeil.

Police disengagement an issue in Quebec

Record Staff

According to a study conducted by the Centre de recherche et de développement stratégique of the École nationale de police du Québec, police disengagement, leading police officers to withdraw or completely abstain from interventions where they should get involved, is an issue in the province.

Reduced interest in the profession, lack of motivation and feeling discouraged were among the feelings shared by officers who participated in the study.

Those states of mind result in a decrease in effort, and hesitation to intervene, which sometimes leads to not intervening at all and sometimes to “looking to the left when things are going right”, the study explains.

Five causes were frequently mentioned regarding police disengagement:

Fear of repercussions or consequences;

Public criticism and lack of knowledge about policing;

Lack of organizational support; Media sensationalism; Perceived sense of injustice.

The objectives of the study, which began in January 2021, are to document the existence of the phenomenon of police disengagement in Quebec and to identify its causes.

A call was made to all Quebec police officers to recruit participants. Some 186 Quebec police officers responded to the call and 21 of them were randomly selected for interviews.

In January 2022, an online questionnaire will be launched among the Quebec police community to validate the major findings obtained during the first phase of the study.

According to the study’s conclusions, the École nationale de police du Québec will improve its training in an effort to raise awareness of the phenomenon, implement prevention strategies and develop support mechanisms.

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EDITORIAL

Research suggests that increased exposure to and interactions with older adults can reduce ageist views among college students.

Teaching university students to be 'age-conscious' could help address our elder care crisis

By Elizabeth Russell

Associate Professor, Department of Psychology; Director, Trent Centre for Aging & Society, Trent University

How does systemic ageism affect our society? A coroner's inquest into COVID-19 deaths in long-term care homes in Québec recently heard that ageism was a contributing factor.

This is one of many recent examples of the ways ageism is entrenched into our institutional and social structures, and negatively impacts people and systems. The pandemic brought the critical consequences of ageism to the forefront, as older people's basic human rights were dramatically affected.

Sarah Fraser, a professor in the Interdisciplinary School of Health Sciences at University of Ottawa, and global colleagues, documented how some public reporting throughout the pandemic has misrepresented and undervalued older people. For example, they highlight that "younger adults who have died from complications of COVID-19 throughout the world have often generated long and in-depth media reports, while the deaths of thousands of older adults have been simply counted and summarized" and "the failure of the public authorities in France to report mortality figures for older adults in nursing homes."

Significant health ramifications, social isolation and the loss of millions of older lives around the world followed.

In 30 years, one in six people will be over 65. How do we better safeguard systems against discriminatory practices towards older adults and ageism?

Alongside my colleagues Éric R. Thériault and Amber Colibaba, I recently examined how our society can

tackle ageism, starting in university classrooms.

Changing negative archetypes

Common societal archetypes of aging in the West are predominantly negative, embodying the repulsive, the deteriorating and the irrelevant.

Though the implications of ageism are dire, concerns about ageism outside of those working with or caring for older people are often quieter. Youth are the next generation of adults who will be interacting with, working with and caring for older people.

The language of ageism as a "global crisis" underlines the urgent need to understand and disrupt ageism, and to advocate for critical, supportive resources for changing cultural attitudes toward older lives.

Teaching young adults about aging

Research suggests that increased exposure to and interactions with older adults can reduce ageist views among college students. While a gold standard of inter-generational learning can be achieved through service learning — when students and older people actively work together on an activity or project — this is often infeasible.

Many universities laud "experiential learning," yet the onus may fall upon individual faculty members to implement applied inter-generational activities. In an era of limited-term faculty appointments, stretched faculty members and budget trimming, the capacity to fund service learning and develop the required community relationships is limited.

Our study sought to understand how undergraduate students' attitudes towards older adults and the aging process could shift after completing a lecture-based undergraduate course, that involved no service learning, about



the psychology of aging. We analyzed student responses to two similar classes at two Canadian universities between 2019 and 2020.

Reducing fear

In 2017, my class welcomed Ruth Greenley to speak with us, however more recent classes, including those involved in the study, did not include older visitors. Without interacting with older people, students learned about the theory and research of aging from an intersectional lens that considered determinants of health such as socioeconomic status. Voices of older 2SLGBTQ+ and racialized community members were woven throughout each section of the course.

After taking the course offered at Trent University and Cape Breton University, two undergraduate student cohorts at each of these schools participated in semi-structured focus groups/interviews.

Our data showed that simple, lecture-based courses focused on the psychology of aging can facilitate the development of an age-conscious student — those who are not ageist, do not fear aging and are attuned to the aging process.

Course learning

Most students taking the course, early on, viewed older people in one of two problematic ways: critically (as irrelevant) or patronizingly (as dependent). One student summarized this as putting older people "in the 'boomer re-mover' camp or the 'I really like my grandpa' camp." "Boomer remover" was a phrase that emerged early in the pandemic as a kind of cruel shorthand for COVID-19.

After finishing the course, many students reflected that both of these previously held polarized views were equally harmful and ageist. Students were more age-conscious and

demonstrated greater awareness of varied experiences of aging.

One student said:

"Learning about the difficulties that different marginalized groups face when they are older ... it was something that I never thought about because it's not a visible issue."

Students also connected personally with aging and, importantly, become less ageist. It was surprising — or, in their words, "eye opening", "shocking" and "outlook-changing" — that despite health challenges, older people can lead fulfilling and impactful lives. Such insights prompted empathy toward older adults.

One student commented:

"I keep going back to this whole like, deaf and losing your eyesight as you age ... that just surprised me so much and it was so impactful. You always think, 'Oh, the grumpy old man.' ... But no. He can't hear so he can't talk to you, he can't listen to his favourite music. I'd be grumpy too."

Universities' role in reducing ageism

Our research shows that attitudes can be changed and that universities can play a leading role in developing age-conscious youth. Post-secondary courses focusing on aging in any relevant department offer one way to achieve this. Critically, this study shows that age-consciousness can develop within standard, lecture-based courses focused on aging.

Ageism was present long before the devastating impacts of the pandemic. However, simple interventions to improve inter-generational interactions are needed now more than ever to develop more socially conscious citizens. People may be more willing to speak out against the stigma of aging, and to work towards developing the necessary resources to support growing older with dignity.

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Local Sports

Gaiters soccer and football athletes receive top honours

Record Staff

Kayla Kyle, a fourth-year sociology student and member of the Bishop's University Gaiters soccer team, was rewarded for her efforts on the soccer field this year at the U SPORTS Awards Ceremony in Sydney, Nova Scotia last week.

Kyle was awarded with the 2021 U SPORTS Student-Athlete Community Service Award. She was also named a Second Team All-Canadian. Although the Gaiters failed to qualify for the playoffs, they managed to keep it close up until the final weekend of the regular season.

The Gaiters finished with a 4-8-2 record, or fifth place in the Réseau du sport étudiant du Québec (RSEQ) conference, and, according to a press release, Kyle, who wore the captain's armband, emerged as a leader both on and off the field.

As a centreback, Kyle was integral part of the Gaiters' last line of defense. And despite her position on the field, she also produced on the score board, posting three goals and two assists in 14 regular season games. She was named the most valuable player six times.

Off the field, Kyle has contributed in the classroom, as well. She is a two-time Academic All Canadian and she has become a role model in the community. She is also a founding member of the Bishop's University Student-Athlete Leadership Council (SALC).

Kyle has been recognized by the university for her role in keeping touch and supporting student-athletes throughout the province-wide lockdown. She helped organize various online social events and fundraisers to maintain morale and lift spirits.

But Kyle wasn't the only person recently recognized for their athletic excellence. Four members of the Bishop's Gaiters football team were announced to the 2021 Atlantic University Sport (AUS) Football All-Stars. The conference revealed their selection prior to the Loney Bowl.

Bishop's linebacker Keagan Hughes, offensive tackle Samuel Ducharme, receiver Nykolos Pierre-Masse, and running back Louis-Philippe Gregoire were named to the all-star team. Hughes was a key piece to the Gaiters' league-leading rush defense.

A fifth-year sports studies senior, Hughes recorded 34.5 tackles, including 25 solo tackles, and averaged 5.8 tackles per game. Meanwhile, Ducharme, a fifth-year politics and international studies student, opened the door to one of the most potent offenses in the conference.

Pierre-Masse, who was in his rookie season, caught 22 balls for a total of 273 yards. He also put up three touchdowns for the Gaiters during the 2021 AUS regular season campaign. Pierre-Masse is the first Bishop's rookie to receive an all-star nod since the university joined the AUS.

While they each played an important role on the field, there was one who stood out above the rest. Gregoire, a fifth-year senior studying politics and international studies, finished as the second leading rusher in the conference. He drove the offense week in and week out.

Gregoire was also a major reason the Gaiters punched a ticket to the Loney Bowl for the second time in three years. He played in every regular season game, registering 6 yards per carry, and 98.5 yards per game. He finished with a total of 591 yards on the ground.

He found the end zone three times in 2021, and then propelled his team into the championship game with 138 total yards — 76 yards rushing and 62 in the air — and a touchdown against the Mount Allison Mounties in the semi-final. This is his second nod as an all-star.



COURTESY OF BISHOP'S ATHLETICS

Kayla Kyle at the U SPORTS ceremony

We all have questions about the vaccine

Is the COVID-19 vaccine safe and effective for children?



Yes. The vaccine that will be given to your child is approved by Health Canada and has undergone extensive studies involving thousands of people—including children.

Experts are also keeping a close eye on any adverse reactions that may occur post-vaccination.

Appropriate measures are being taken to ensure the vaccine is being used safely.

Get answers to all your questions about the vaccine at

Québec.ca/YOUTHvaccine

Getting vaccinated is the best way to protect us all.



In Memoriam

HUMPHREY, Gordon - In loving memory of a husband, dad and gramps who left us November 24, 2016. *Those special memories we have of you Will always bring a smile, If only we could have you back For just a little while. Then we could sit and talk again Just like we used to do, You always meant so much to us And will forever too. The fact that you are no longer here Will always cause us pain, But you are forever in our hearts Until we meet again.*

**IRENE
LANA, DAN & FAMILY
NORMA, ROGER & FAMILY
NANCY & CHRIS**



Date Book

WEDNESDAY, NOVEMBER 24, 2021

Today is the 329th day of 2021 and the 65th day of autumn.

TODAY'S HISTORY: In 1783, the last British troops withdrew from New York City, three months after the signing of the Treaty of Paris.

In 1947, studio executives agreed to blacklist the "Hollywood 10," who had been cited for contempt of Congress the previous day for not cooperating with the House Un-American Activities Committee.

In 2002, President George W. Bush signed legislation creating the Homeland Security Department, naming Pennsylvania Gov. Tom Ridge as its first secretary.

TODAY'S BIRTHDAYS: Andrew Carnegie (1835-1919), financier/philanthropist; Virgil Thomson (1896-1989), composer/music critic; Joe DiMaggio (1914-1999), baseball player; Augusto Pinochet (1915-2006), Chilean president; Joe Gibbs (1940-), football coach; Ben Stein (1944-), TV personality/author; Amy Grant (1960-), singer; John F. Kennedy Jr. (1960-1999), publisher; Cris Carter (1965-), football player/sportscaster; Jill Hennessy (1968-), actress; Christina Applegate (1971-), actress.

TODAY'S FACT: Augusto Pinochet came to power in 1973 in a CIA-supported coup that deposed Salvador Allende, the first elected Socialist president of Chile.

TODAY'S SPORTS: In 1980, Sugar Ray Leonard regained the WBC welterweight boxing title when his opponent, Roberto Duran, quit in the eighth round.

TODAY'S QUOTE: "If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes." - Andrew Carnegie

TODAY'S NUMBER: 62,700 - U.S. Customs and Border Protection employees in 2021, making it the largest organization overseen by the Department of Homeland Security.

TODAY'S MOON: Between full moon (Nov. 19) and last quarter moon (Nov. 27).

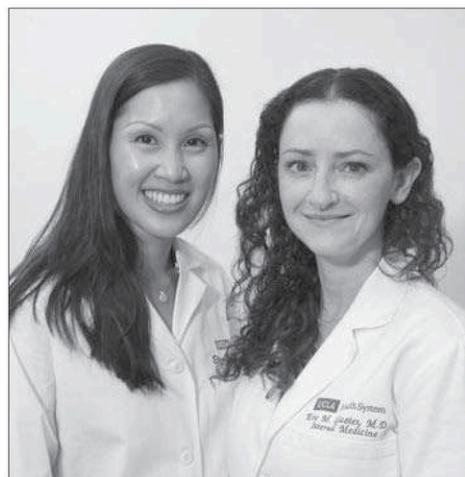


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Gut microbiome makeup can determine ability to lose weight



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

Dear Doctors: I heard on the news about a study that says your gut microbiome determines whether or not it's easy for you to lose weight. How did they figure that out? Can I change my gut microbiome to help me lose weight?

Dear Reader: You're referring to the results of a study that appeared late last summer in a journal published by the American Society for Microbiology. The gist is just as you stated in your letter - the composition of someone's gut microbiome appears to play a role in how readily they lose weight. This study, conducted by an independent research institute in Seattle, is the most recent offering in a line of inquiry that dates back decades.

Starting in the 1980s, studies began to hint at a link between obesity and the composition of microbes living in the gut. The research began in mice, then expanded to explore the issue in humans. The completion of the Human Genome Project in 2003, which decoded the human genetic blueprint, was a tipping point. It gave researchers the tools to study the workings of the human body, as well as the trillions of microbes it plays host to, at the molecular level. The result is a robust body

of research into the topic of what role the gut microbiome may play in weight and weight loss.

In this recent study, researchers focused on the weight loss of individuals enrolled in a commercial wellness program. Although weight loss was a goal, a specific diet was not part of the program. Rather, it offered coaching and advice from a dietitian and a nurse. The researchers selected 48 individuals who, over the course of six to 12 months, were able to lose 1% of their total body weight per month. They also looked at 57 people who didn't lose weight and who maintained their BMI (body mass index) while taking part in the program. Using genetic and metabolic information gathered from the participants' stool and blood - and accounting for variables such as age, sex and BMI - the researchers found connections between gut microbiome composition and weight loss.

Specifically, certain bacteria in the

guts of the people who did not lose weight were more efficient at dismantling and absorbing carbohydrates. The gut microbes of the weight loss group, meanwhile, had increased numbers of genes that speed up the growth and replication of certain beneficial bacteria. The two groups had different sets of genes encoded in their gut microbiomes, which the researchers believe helped to influence weight loss.

As for how to change your gut to promote weight loss, the science isn't there quite yet. A variety of factors come into play regarding weight, and the gut isn't the only variable. The advice at this time is to focus on foods and behaviors that contribute to overall gut health. That means eating fresh fruit, vegetables, leafy greens and naturally fermented foods; avoiding stress; sleeping enough; and getting regular exercise. It's not the weight loss magic many long for, but it will contribute to a healthy gut and better overall health.

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

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Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
Discounts: 2 insertions or more: 15% off
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.

BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
Text only: \$16.00 (includes taxes)
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NEA Crossword Puzzle

Your Birthday

WEDNESDAY, NOVEMBER 24, 2021

TAURUS (April 20-May 20) – You'll need a buffer to deal with negative thoughts and stress. Get your facts straight and arm yourself with knowledge and a long-term plan that will help you overcome any obstacle.

GEMINI (May 21-June 20) – Share your plans and your likes and dislikes. Lay your cards on the table and wait for a response. Someone will show their true colors. Be ready to adjust and carry on.

CANCER (June 21-July 22) – Limit your spending and look for ways to save money. Share your experience with someone who can offer insight, advice and a way to turn a negative into a positive. A partnership looks promising.

LEO (July 23-Aug. 22) – Say what's on your mind. Take control, show initiative and bring about changes that will make your life easier. Stop following others; turn on the charm and take a position of leadership.

VIRGO (Aug. 23-Sept. 22) – Reconnect with someone who inspires you. Let your imagination take the lead, and allow plans to develop. A change is on the horizon that you won't want to miss. Embrace life.

LIBRA (Sept. 23-Oct. 23) – Pay attention to detail and how you present yourself and your work. Discipline is required to finish what you start. An enticing offer will tempt you to indulge. Stick to your plan.

SCORPIO (Oct. 24-Nov. 22) – Dance to your own beat, enjoy life and use your skills to improve yourself, others and your community. Don't make a big deal out of something inconsequential, but do be realistic and practical.

Explore your options, but use common sense. If something sounds too good to be true, it's probably false. Don't participate in something that will lead you down an unrealistic path. Plan carefully this year, and stick to your playbook. Discipline, honesty and hard work will bring success.

SAGITTARIUS (Nov. 23-Dec. 21) – You can be colorful without stretching the truth. An uncertain situation will cost you if you get involved without doing enough research. Be wary of people behaving inconsistently.

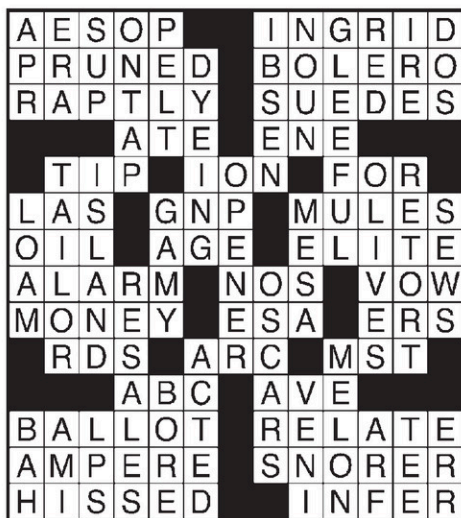
CAPRICORN (Dec. 22-Jan. 19) – Take on whatever will help you get ahead. Show dedication, enthusiasm and innovation, and you'll gain recognition. It's up to you to bring about the positive changes that will shape your future.

AQUARIUS (Jan. 20-Feb. 19) – Let go of anger and resentment; replace them with intelligence and the will to do and be your best. Compete with yourself, not with others. Walk away from manipulative people.

PISCES (Feb. 20-March 20) – A creative idea will gain momentum as you put your plan in place. Don't wait for others to catch up; do your thing and take credit. Listen to criticism, but don't lose sight of your ultimate goal.

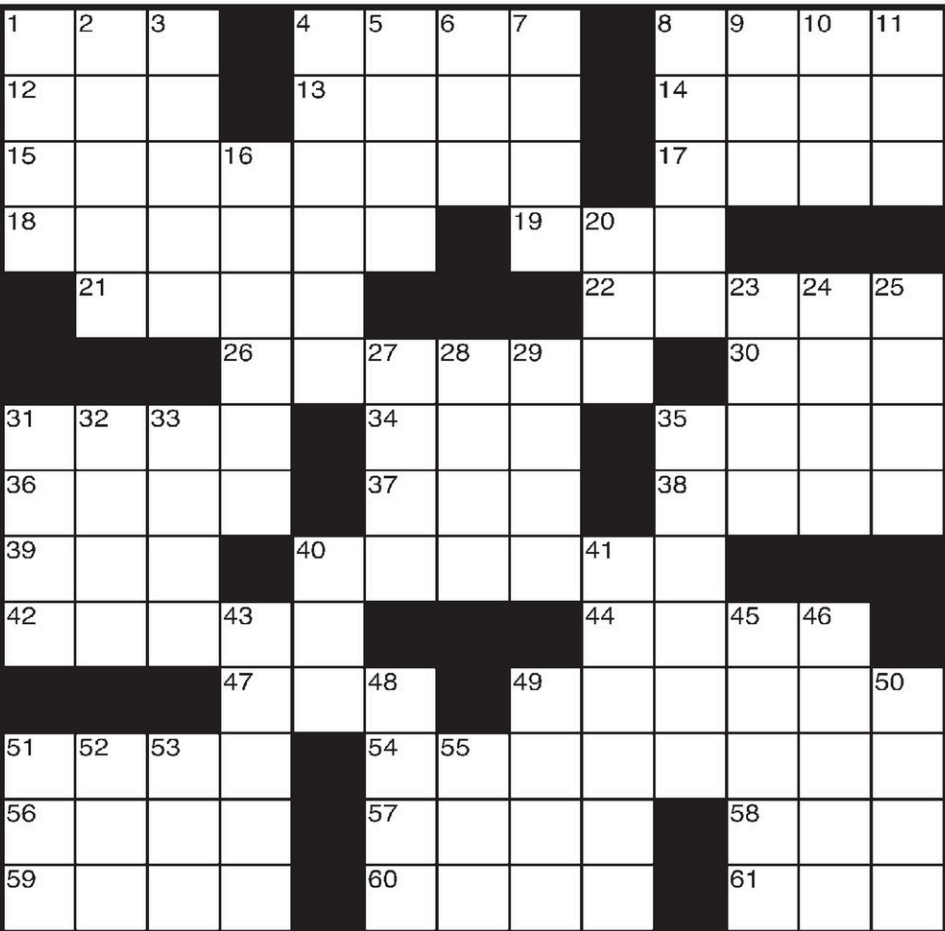
ARIES (March 21-April 19) – Join forces with like-minded people. An investment will stabilize your financial situation and add to your comfort. Home improvements are favored if you do the work yourself and stay within budget.

Answer to Previous Puzzle



- ACROSS**
- 1 Zodiac animal
 - 4 Author Dinesen
 - 8 Kilt wearer
 - 12 Tax shelter, for short
 - 13 Wine valley
 - 14 Longest river
 - 15 Poise
 - 17 Opera by Verdi
 - 18 Necessitate
 - 19 Lout
 - 21 Org.
 - 22 Carmen Miranda's dance
 - 26 Encourages (2 wds.)
 - 30 Conger
 - 31 Boyfriend
 - 34 Hagen of "The Other"
 - 35 Rinse off
 - 36 Marshal Wyatt —
 - 37 Contented murmur
 - 38 Striped stone
 - 39 Zsa Zsa's sister
 - 40 Suffuses
- DOWN**
- 1 Hill
 - 2 Ice hockey locale
 - 3 Retail centers
 - 4 Time at bat
 - 5 Go yachting
 - 6 Two-BR unit
 - 7 Prizefight event
 - 8 Big mix-up
 - 9 A fifth of DX
 - 10 Well-worn

- 11 Afternoon social
- 16 Relent (2 wds.)
- 20 Prince Valiant's son
- 23 Signify
- 24 Flock
- 25 "Family Ties" son
- 27 Largest of the Marianas
- 28 Iffy attempt
- 29 Pacific island
- 31 Go off, as an alarm
- 32 Icicle locale
- 33 "I smell --!"
- 35 Defeated ones
- 40 Land in "la mer"
- 41 Decorate, as leather
- 43 More skillful
- 45 Gainesville fan
- 46 Delight in
- 48 Designer label
- 49 Client mtg.
- 50 Eventful periods
- 51 Winner's take
- 52 Cry of distaste
- 53 Novelist — Tolstoy
- 55 Cow cry



WEDNESDAY, NOVEMBER 24, 2021

Even Homer fails once in a while

By Phillip Alder

What is one of the most inexcusable errors often made at the bridge table?

Look at today's North-South hands. How should South play in five clubs after West leads the spade king? (Lead king from ace-king when the contract is higher than four no-trump and in a suit that you and your partner bid and raised.)

This deal occurred during a seven-table pair event in Europe some years ago. One lucky East-West pair made four spades doubled. Two North-South pairs went down in six clubs. The others were in five clubs.

If West had led the diamond nine, he would have defeated the contract immediately. If he had chosen a heart or a club, declarer would have failed more slowly. But everyone led a top spade.

Now each declarer had to be careful. If he made the reasonable assumption that he would lose two diamonds, his 11 tricks had to be five trumps, two top hearts, two established diamonds and two spade ruffs in dummy. However, entries were in short supply.

The correct play, found by four declarers, was to ruff the spade lead high in the dummy, cross to hand with a trump, ruff another spade high, cash the top hearts, discarding the last

North		11-24-21	
♠ —			
♥ A K J 4 2			
♦ K 10 8 5			
♣ A K 7 4			
West	East		
♠ A K 10 9 8 5	♠ Q J 6 3		
♥ 10 7	♥ Q 8 6 5 3		
♦ 9 6	♦ A Q 3		
♣ 8 6 5	♣ 3		
South			
♠ 7 4 2			
♥ 9			
♦ J 7 4 2			
♣ Q J 10 9 2			
Dealer: West			
Vulnerable: East-West			
South	West	North	East
	2♠	Dbl.	4♣
5♣	Pass	Pass	Pass
Opening lead: ♠ K			

spade, and draw trumps. Finally, lead a diamond to the 10. South lost two diamond tricks, but that was all.

Everyone is told not to play immediately after the dummy is tabled. But even experts err every so often. On this deal, one anonymous expert declarer ended with egg on his face. As soon as the dummy appeared, he ruffed the spade lead low. He couldn't recover.

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.

"SW UXW UZZ ... MUXL YK LCW
 CPVUJ XUBW ... SW JWWE LY NW
 BYVMUTTAYJULW UJE DAHAJD UJE
 RAJE SALC YJW UJYLCWX."
 — RULCWXAJW CWADZ

Previous Solution: "My mom is always telling me it takes a long time to get to the top, but a short time to get to the bottom." — Miley Cyrus
TODAY'S CLUE: *U enba U*

REALITY CHECK



HERMAN

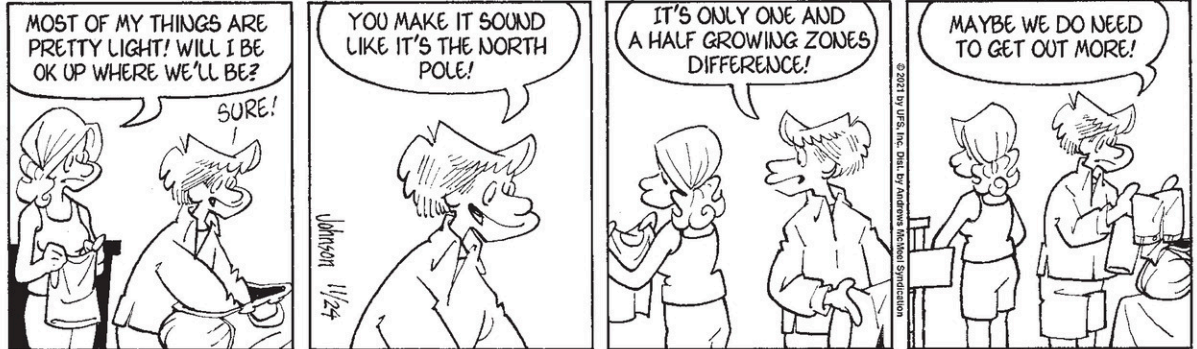


"I know diamonds are forever. What can I buy for a couple of months?"

ALLEY OOP



ARLO & JANIS



THE BORN LOSER



FRANK AND ERNEST



GRIZZWELLS



THATABABY



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Advertise in our Career Section


Many Record readers expect to change employment within the next year. Shouldn't your ad be in The Record's Career Section?

For reservations or further information, please call

THE RECORD

569-9525

Best wishes



Happy 70th Birthday

Our friend, **Jane Pierce,** will be celebrating her 70th birthday on December 1st.

We think that receiving birthday cards would brighten her day. Her address is 209-999 Sanborn St, Ayer's Cliff, Qc J0B 1C0

Her family and friends would like to wish her good health and happiness in the year ahead.

Happy Birthday

70

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

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PREVIOUS SOLUTION

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

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

ALEXANDER GALT CHRISTMAS BASKET CAMPAIGN 2021

The AGRHS Christmas basket campaign has been a long-standing tradition in the community. Over the years we have been fortunate enough to have received generous donations from our community. Again this year, I ask for your support during these even more challenging times in bringing a little Christmas spirit to our less fortunate families.

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


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

Please, make cheques payable to AGRHS Christmas Basket Campaign and mail to:

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

(tax receipts for donations of \$10 and over will be issued)

Thank you for your generosity!



Swallow your pride, ask for a ride

Dear Annie

WEDNESDAY, NOVEMBER 24, 2021

Dear Annie: I am an 80-year-old female, a widow. I live alone.

I have a history of having arthritis, and I can't take medications for arthritis due to having had stomach ulcers. I had a hip replacement in the spring, and I had hoped I would be able to walk without the use of a walker. It is apparent that I am going to need the walker to function. I talked with my orthopedic surgeon. Surgery is not an option. I have scoliosis as well.

I have a small walker with three wheels. I keep it in my car for use when I go to the beauty shop and for other short trips. I do need help in getting the walker out of the car. I am able to drive, and when I do, I primarily drive in town.

I have always been active, volunteering at hospitals and other civic organizations. It's been difficult to ask for help. I have someone who gets my groceries and who is available to help me in my house. She comes every two weeks, unless I have a doctor's appointment.

I have missed going to church. My children do not live in the same city, so asking for their help is not an option. None of my friends has offered to help. I can't go by myself since I don't have any help to get my walker out of the car.

I offered to pick up one friend and give her a ride to church. She said she preferred to take her own car because she liked to go early. She did not offer to give me a ride.

I have always been active in church. I can watch religious programs and sermons on TV, but there is a void because of my not being able to attend. Most of my time I spend at home. I do like to read.

I took care of my husband for years because he had Parkinson's and dementia.

I feel guilty for not going to church. But I am very prideful for not asking for help.

I feel left out. I suppose it's a matter of pride for me not to call and ask for help.

What are your feelings? – Seeking Your Opinion

Dear Seeking Opinion: My opinion is to swallow your pride and ask another friend for a ride to church. You don't *

have to feel left out anymore. People want to help. There is nothing wrong with asking for help. Look at it this way: When someone helps someone else, they feel good about themselves. So, by you asking someone for help, you are actually helping them feel good about doing something kind. It's a beautiful full circle.

Especially with Thanksgiving and the holidays coming up, you are going to want to be with

community, and community will want to be with you!

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

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

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