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THURSDAY, APRIL 1, 2021

There and back again: four regions move back to red

By Gordon Lambie

Quebec Premier Francois Legault announced that the Outaouais, Capitale Nationale, Bas Saint Laurent, and Chaudiere Appalaches regions, which had previously been downgraded to orange alert status, will move back to red as of Thursday at 8 p.m. in light of their increasingly worrying increase in cases. This new status will remain in place for at least 10 days.

Speaking late Wednesday afternoon, Legault said that the situation is particularly troubling in Quebec City, Levis and Gatineau.

At the Eastern Townships' weekly update on the local vaccination campaign, Dr. Alex Carignan, medical microbiologist and infectious disease consultant with the CIUSSS de l'Estrie - CHUS, warned that even if the situation appears to be more stable in the region at the moment, there is nothing to prevent the same backwards progress to take place here if people are not careful.

"Throughout Quebec we see an increase, and the Estrie is not immune," he said.

On the subject of vaccination, local campaign director Jean Delisle shared that only 200 doses of the AstraZeneca vaccine were given to people under the age of 55 in the Eastern Townships before its delivery was suspended, and there are currently no more available in the region. Although he and Carignan repeated the information that no one in Quebec or Canada has yet been confirmed to have the blood clotting

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Galt Easter Basket campaign supports 21 local families



MATTHEW MCCULLY

By Matthew McCully

Kristal Maguire, spiritual life and community outreach animator for Alexander Galt Regional High School spent the afternoon at Provigo in Lennoxville yesterday, handing out food baskets to give 21 local families an Easter boost.

"It was just wonderful, I was really surprised," Maguire said, about the amount of the support the campaign received from the community. "The response has been incredible."

While Galt's Christmas basket campaign is well-established, the Easter program has only been around

for three or four years, Maguire said.

Even so, the campaign raised roughly \$3,000 to provide food and essentials to locals.

The pandemic has been hard on a lot of families, Maguire explained, thanking donors and supporters for helping meet the increased need this year.

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Weather



TODAY:
SNOW OR RAIN

HIGH -3
LOW -8



FRIDAY:
CLOUDY

HIGH -3
LOW -10



SATURDAY:
SUNNY

HIGH 3
LOW -7



SUNDAY:
MIX OF SUN AND CLOUD
30 PER CENT SHOWERS

HIGH 5
LOW -2



MONDAY:
MIX OF SUN AND CLOUD

HIGH 10
LOW -3

Spittle spatter and dirty faces of yore



LINDA SECCASPINA

Dirt was always my grandmother's enemy. Mary Louise Deller Knight could never tolerate a child with a dirty face or a runny nose. She always said that under her watch I would never look poor or uncared for. When you walked in the house graced with dirt and she spotted it—you never ever pulled away. Even if you thought it wasn't there, trust me Grammy Knight found it.

I was never the neatest kid in the world and I'm still a messy eater. I don't think I was ever around for hand to mouth education. There isn't a meal where I don't drop something on me and my husband agreed while I was writing this—so no wonder she was busy all the time scrubbing my face and various food spots on my clothing.

Thankfully she was not like some parents I had seen who would have their kids stick their tongue out and then their mothers would dab

it with a napkin or tissue. Then there was the dreaded spit thumb which thankfully I never saw. The worst was when I was with a school friend and Grammy tackled something on my face she didn't care for. I remember that particular friend telling everyone at school what my grandmother did— so I responded that she got her freckles from standing behind a cow when it pooped on a rock.

My mother was nowhere as bad as my grandmother and at least she used a damp washcloth, but my grandmother had the enthusiasm of a carpenter sanding a large two-by-four. To this day, I would swear that I have one less layer of skin because of her. I am so pale and glow in the dark thanks to my grandmother and her persistent scrubbing.

My grandmother like myself always had something to clean with. I have heard people tell me they always will remember me having a tissue in hand or always able to pull one from the sleeve of any garment. I learned from my Grandmother that it was a necessary life accessory and sometimes Grammy stuffed her 'cleaner' in her corset bra.

People of a certain age will all have one distinct memory that no self-respecting lady of any age ever left the house without a hanky tucked into her purse, a dress pocket or her cleavage. Goodness knows, one couldn't be seen putting a finger anywhere near one's nose without a hanky.

Really a bit of spit on a hanky never hurt us, but there had to be some health and safety regulations about this horrible habit. Wasn't there? All I know is in those days there wasn't an antibacterial wipe in sight! According to my Grandmother I was given life out of my mother's intestines (?), and the salvia/hankie ritual wasn't going to kill anyone.

Did these "unsanitary" actions help us build our immune systems?

Now they run around with antibacterial this and antibacterial that and kids have colds, flus, pneumonia, and other illnesses that only have letters. I read there was a new cleaner called Mom's Spit and that it was great for faces, necks, clothes, shoes, floors, counters, bathrooms, automotive degreasing and more. I thought it must be amazing, and then I found out it was just a funny ad for 409.

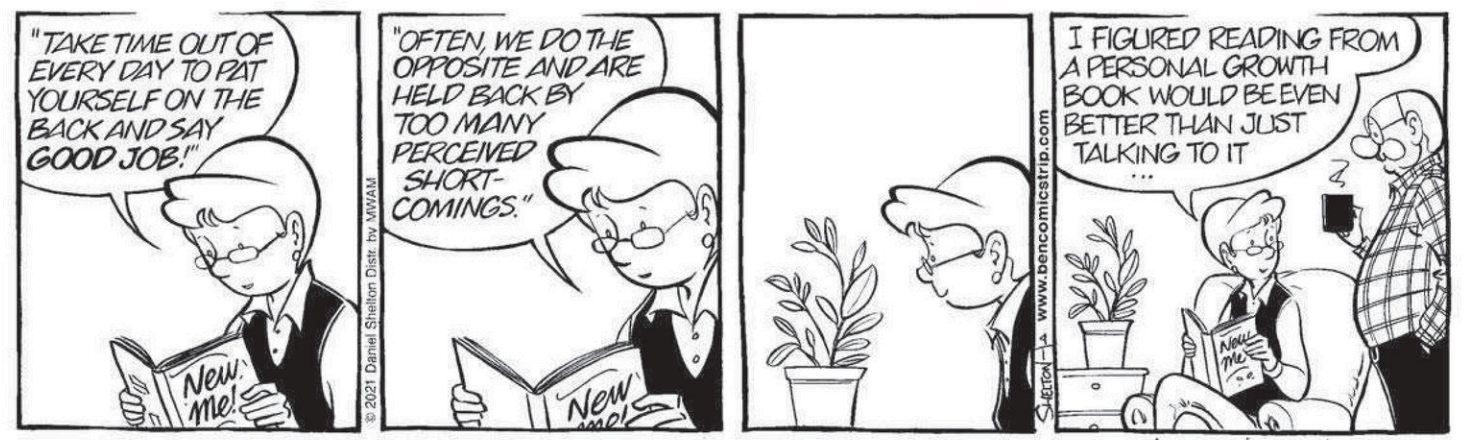
In 2018 news reports from KXAN in Texas reported that mother's saliva helped stop allergies and people argued that kissing your baby too frequently could pass on a mother's oral decay. In the 50s and 60s mom or grandma's spit was an all-in-one cleaner and we never thought anything about it. It was always on hand in an instant for dirty faces, Formica counters, mirrors and even spit shined shoes. My grandmother always warned me however if you were going to spit clean like she did, never spit up because whatever goes up always comes down.



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Ben by Daniel Shelton



Local News

Seline told The Record that while the government is meeting with the CSQ and Quebec Provincial Association of Teachers (QPAT), negotiations are currently at an impasse.

Strike mandate fast approaching for local teachers

By Michael Boriero – Local Journalism Initiative Reporter

The Appalachian Teachers' Association (ATA) joined several dozen union members affiliated with the Centrale des syndicats du Québec (CSQ) on Wednesday afternoon to protest the government's lack of movement towards a new collective agreement.

"Today is a significant day because it's been a year since our agreement has been over and you have to start the process of negotiations one year practically before the end of the contract," said ATA President Megan Seline.

Seline told The Record that while the government is meeting with the CSQ and Quebec Provincial Association of Teachers (QPAT), negotiations are currently at an impasse. They are unwilling to budge on anything, she said, they are sticking to their list of demands.

She said unions are fed up with waiting, and with a five-day strike mandate available, they are now looking to put more pressure on the government. Seline added that she is done giving them the benefit of the doubt.

"The government does not care," she said, "Does not give a f***."

ATA members are "fired up with this now," Seline continued. According to a press release, "the right time to exercise the strike mandate [...] is fast

approaching." The message today is that unions are tired of sitting around, waiting for something to happen.

Alexandre Corriveau, a physical education teacher at Richmond Regional High School, said it was his first experience at a teachers' protest. He has been in the English school system for four years. He wanted the opportunity to stand in solidarity with his fellow teachers.

"I'm a young teacher, so I want to do this profession for years and just be respected," said Corriveau. "We're all professional, I think we deserve better and that's why we're here today, just to express our concerns."

The negotiation with the provincial government is more than just dealing with salaries, he explained, it's about appreciation and respect. Teachers put in a lot of effort to accommodate students, Corriveau said. He hopes the government will hear them this time.

"I try to keep a positive attitude but for sure we're waiting; it's been a long time of waiting and not knowing really what's happening and what the next steps are," Corriveau said.

Sylvie Fortier was also protesting at the corner of King Street West and Jacques-Cartier Boulevard South. She teaches math at Richmond Regional. Fortier said teachers in Quebec have the lowest salaries in Canada. They also lack resources and services for students.

"We have at least 17 years of schooling, like lawyers and engineers,



MICHAEL BORIERO

but we don't have the respect at all in comparison to those professions," she said.

The government wants to take away preparation time for teachers in the province, Fortier continued, they don't want to reduce class sizes and they continue to provide lacklustre services for students with special needs.

"What they put on the table is ridiculous," said Fortier.

She also has issues with the way Quebec has handled the pandemic. A majority of teachers in the province remain unvaccinated, despite going

into classrooms for most of the year. The response from the government was to open windows and doors for ventilation.

Fortier said she does not feel safe right now. Her fear was compounded by the recent news regarding potentially toxic grey and blue SNN200642 masks, which were distributed across Quebec. It's a lot of nonsense, she added.

"I know of course it's new to a lot of people, so I'm not talking about that, but still they were not prepared when they reopened the schools, the rules are changing all the time," said Fortier.

Police presence in Sherbrooke parks

Record Staff

With good weather on the way, the Service de Police de Sherbrooke is reminding the population that officers will be making the rounds at local parks over the weekend to make sure residents respect the laws and regulations in effect.

Still an orange zone, Sherbrooke is subject to safety measures targeting certain sectors of activity

and environments where the risk of COVID-19 transmission is considered higher. Those sectors are subject to selective restrictions, bans or closures, the SPS pointed reminds the public.

Travel between regions is not recommended, and there are limitations imposed on sports and leisure activities in public spaces indoors and outside.

Non-contact sports and recreational activities, including courses and

training, are permitted outdoors in public places for people from the same residence, or for up to 12 people from different residences. A supervisor may be added to facilitate activities.

The activities must be conducted in a physically distanced manner at all times.

Non-contact sports and recreational activities are permitted in certain public places when carried out alone, in a duo, between occupants of the same

residence or in a group of a maximum of 8 people from different residences, to which a person responsible for supervision or animation may be added. Group supervision is mandatory and must be carried out by a person designated by the organisation offering the activity.

In 2019, SPS officers made 1445 visits to local parks and bike patrol officers spent 234 hours out and about in the community.

Back to red

CONT'D FROM PAGE 1

symptoms associated with a possible risk from the vaccine, they also encouraged anyone in the 55 and under group who received an AstraZeneca dose who experiences unusual symptoms within the week after their shot to consult a doctor. In particular, Carignan said that a severe and persistent headache is a clear sign to go and get checked out.

Despite that warning, however, Carignan stood by the effectiveness of the vaccine and the temporary nature of the hold on administering it.

In other vaccine news, Delisle said

that even if the region is still waiting to be able to open up new appointment slots and age categories, second dose vaccinations will begin within the next two weeks for those healthcare workers who received their first shot around the Christmas season.

The number of new cases of COVID-19 provincewide was back over 1,000 on Wednesday, with 1,025 being reported across the Province of Quebec. This brought the total number of infections to 311,091 and the number of active cases to 8,518.

There were nine new deaths recorded,

for a total of 10,667.

The number of hospitalizations, decreased by two to 485 and the number of people in intensive care decrease by six, to 120.

In the Eastern Townships the total number of people who have contracted the virus surpassed the 12,000 mark as 14 new cases were added on Wednesday. The total number of active cases also increased to 134. One additional death was recorded from the Manoir Jeffrey in Val-des-Sources. The outbreak at that residence is now considered to have ended.

The number of hospitalizations in the region decreased by two, reaching six in total, but the number of people in intensive care increased by one, to four.

The number of variant cases being tracked in the province increased by 527, to 7,475, and the number of variant cases in the Eastern Townships increased to 101.

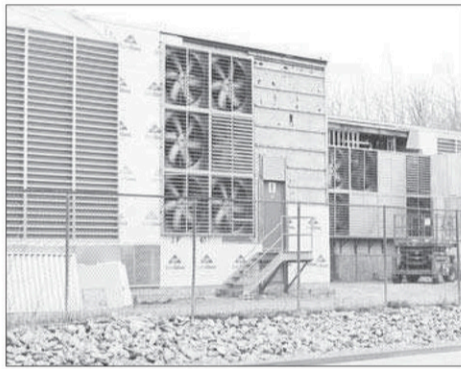
The total number of vaccine doses administered province wide reached 1,349,326, or 15.9 per cent of the total population. In the Townships 60,582 doses have been given so far, covering 11.4 per cent of the population.

Sherbrooke pursuing legal action against Bitfarms

By Gordon Lambie

On Tuesday afternoon the city of Sherbrooke announced that it will be pursuing legal action against Cryptocurrency company Bitfarms due to a failure on the part of the company to meet noise reduction deadlines set earlier this year.

In January the city gave Bitfarms until Mar. 31 to implement an action plan aimed at reducing the noise produced by cooling fans at its Sherbrooke location, even though it acknowledged at the time that the company would not be able to meet that deadline due to delays in the shipping of new parts cause by the COVID-19 pandemic. The notice issued by the city this week notes that "significant steps forward" taken in recent weeks but that legal action will proceed regardless because of the breach of deadline.



The ventilation fans that run 24 hours a day, seven days a week on the back end of the Bitfarms facility.

Speaking alongside the noisy ventilation fans on Wednesday afternoon, city councillors Marc Denault and Paul Gingues denounced the company's ongoing noise pollution problems.

"This is going on 24 hours a day, seven days a week," Gingues said pointing out that citizen noise complaints have been ongoing for close to two years.

That timeline also underscored Denault's critiques of the situation. While the councillor acknowledged that circumstances like the pandemic and the recent blockage of the Suez Canal are having real impacts on international shipping, he called such points "excuses" after nineteen months of failure to solve the problem. He called on the city's legal services to apply as severe a fine as possible for the ongoing infraction, stating that even if a \$5,000 fine is nothing to a such a business, serious action would send a serious message on the part of the city.

Benjamin Côté, who spoke on behalf of the committee of citizens impacted by the noise, said that he has run out of patience and optimism about the situation.

"I live just on the other side of the river," he said, explaining that his family was attracted to the area because of the peaceful environment just months before Bitfarms began operations. In the time since, he said that he and his neighbours have had trouble sleeping because of the noise and have become genuinely concerned about the long term physical and mental health consequences of the



PHOTOS BY GORDON LAMBIE

Benjamin Côté from the citizens committee denouncing the noise from Bitfarms with city councillor Mark Denault

noise. "If (Bitfarms) can't control their sound, then they should shut down."

Despite the optimism expressed by the official city notice about the work currently under way to reorient the fans inside the facility, Côté said that he has no faith that the work, even completed late, will prove to be effective.

"I'll believe it when I hear it," he said.

On top of the existing issues, Denault also expressed concern about comments from Mayor Steve Lussier on Wednesday morning suggesting that

the company is in negotiations with the city to expand its operations.

"The mayor announced this morning that bitfarms is negotiating with the city to expand its facility and increase its production," the councillor said. "Paul (Gingues) and I are very concerned about negotiating with Bitfarms so long as the problem is not resolved for the citizens here."

Denault pointed out that over 500 residents are affected by the noise.

"Stop hoping things will sort themselves out," Côté added. "We need action now."

Feminine hygiene product drive for month of April

Record Staff

The Estrie Homeless Women's Committee (comité Femmes itinérantes à l'abri de la violence), will devote the month of April to the collection of menstrual hygiene products to distribute to homeless, marginalized and low-income women in the region.

The second edition of the collection, called 'Sang pour Sang Essentiel!' in addition to fighting menstrual insecurity, is an initiative of the committee to improve the accessibility and security of services and resources offered to women in the Eastern Townships.

This project is made possible thanks

to the support of pharmacies that care about the fundamental right of access to menstrual hygiene.

With or without a roof over their heads, menstruation happens every month. Hygiene products are essential for good hygiene and are a basic need that should be easily accessible to all people.

The public is invited to donate sanitary products, such as sanitary napkins, tampons, panty liners and menstrual cups, in one of the 12 participating pharmacies in Sherbrooke and Magog from April 1 to 30, 2021.

The pharmacies will then pass on the donations to community organizations for distribution to women in need.

The number of women experiencing

homelessness is growing. They may be young, old, mothers, disabled, Aboriginal, immigrant or LBTQIA+. Their backgrounds are unique and complex, but almost all share a significant history of violence and difficult situations and choices. They often feel stigmatized and have low self-esteem.

Menstruating in such a context becomes an additional obstacle: another reason to be discriminated against.

Having access to a public bathroom is not easy, having the means to buy sanitary products every month is even less so! The Estrie Homeless Women's Committee would like to remedy the situation and give women every opportunity, at the time of their menstruation, to preserve their dignity.

List of participating pharmacies:

Sherbrooke :

- Jean Coutu, 445 King Street East;
- Uniprix, 610 King Street East;
- Familiprix, 860 King Street East;
- Pharmaprix, 1811 King Street West;
- Jean Coutu, 1470 King Street West;
- Brunet, 1055 12th Avenue North;
- Proxim, 624 Bowen Street South;
- Jean Coutu, 1363 Belvédère South;
- Uniprix, 2235 Galt. West.

Magog :

- Jean Coutu, 231 Sherbrooke St;
- Jean Coutu, 448 Saint-Patrice Street;
- Pharmaprix, 415 Sherbrooke St.

Over \$60,000 given to Saint-François groups

Record Staff

The Quebec government is supporting three family-focused projects in the Saint-François area, which aims to implement better family-work-study balance measures.

Coalition Avenir Québec MNA Geneviève Hébert made the announcement on Wednesday. The government is allotting

\$63,363 between Actions interculturelles, Maison de la famille de la MRC de Coaticook, and Centre de services scolaire des Hauts-Cantons.

"I congratulate the managers of the organizations who, by proposing their project, have taken a concrete step to facilitate the balance between work, studies and life of the families concerned," said Hébert.

According to a press release, the government received many project proposals, showing an interest, and willingness, from workplaces and educational institutions to understand and react to the reality of certain families.

Projects approved under the Family-Work Balance Financial Support Program can received up to \$40,000. The program wants to promote the adoption of good

practices to benefit student-parents, helping them to succeed and obtain a degree or certification.

"This assistance of nearly \$1,500,000 is further evidence of our government's commitment to making family-work balance a priority [...] Quebec benefits from joining forces to better support families on a daily basis," said Families Minister Mathieu Lacombe.

The Border Report

The temporary tower Lewis mentioned is only 60 feet tall, however the proposed permanent towers will reach a maximum height of 120 feet in height.

Bringing the community back to Phelps

**PHELPS AIDE
PHELPS HELPS**

Community events have always been a highlight for Phelps Helps. With the warmer weather approaching, the Phelps team has been hard at work planning pandemic safe activities for the community.

Last week we announced Phelps Helps' first ever Easter Rally, happening on Saturday, April 3rd from 10 am to 1 pm. This event is free for all and is a great family activity for those looking to get out of the house this Easter weekend. No registration required, check-in between 10 am and 1 pm in front of Sunnyside Elementary school. Phelps has also enlisted the help of Easter Bunnies who will be around town handing out prepackaged goodie bags to anyone who spots them!

We are also pleased to announce that on May 15th, 2021, Phelps will be bringing back the annual Stanstead 5 km race. The race will begin at 9 am

with runners departing in 20 minute intervals to make sure that all runners are distanced safely (families are encouraged to run together). Medals will be awarded to the top runners in each age category via a virtual awards ceremony. New this year, registrations will be done online and the registration fee will be by donation. Keep an eye on our Facebook page (@PhelpsHelpsStanstead) for more details in the following weeks!

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six unique programs, providing the Stanstead area with free educational and career support. For more information on our community events, please give us a call at 819-704-0799, email us at info@phelpshelps.ca, or visit our website at www.phelpshelps.ca.



Phelps will be bringing back the annual Stanstead 5 km race.

COURTESY

Border surveillance towers strike a nerve with Vermont residents

Record Staff

The U.S. Customs and Border Protection (CBP) plans to build several new Remote Video Surveillance Systems (RVSS) towers along the U.S.-Canadian border in Vermont and New York.

The towers would be located in New Hampshire, New York, and Vermont communities, including Highgate Center, Franklin, Richford, North Troy, and Derby Line, which borders Quebec. The CBP previously stated it would have no environmental impact.

According to the CBP, the new surveillance towers would allow border agents to keep an eye on remote areas without committing

too many resources and personnel. However, the project is receiving push back as residents claim they were not notified.

Vermont's Attorney General T.J. Donovan recently expressed concerns about the CBP's proposed surveillance towers. He acknowledged the importance of protecting the country's borders but questioned the possibility of unwarranted surveillance and interference.

"CBP has failed to make a compelling case that the scale and scope of the proposed surveillance is ultimately necessary, and it has failed to adequately take into account Vermonters' privacy concerns," he said, adding that the federal agency

should put in safeguards.

Derby resident Vickie Lewis told The Record that she is uneasy about the idea of a tower infringing on her privacy. She also mentioned that a temporary tower has been placed at the Derby Line border. It's an eyesore, she said, and doesn't fit the country aesthetic.

The temporary tower Lewis mentioned is only 60 feet tall, however the proposed permanent towers will reach a maximum height of 120 feet in height. At the moment, it is located on a hill off the Holland Road in Derby.

A recent report noted that the CBP is considering extending a public consultation period. Senators

Patrick Leahy, Bernie Sanders and Representative Peter Welch requested a 60-day extension, which is currently under review.

While Derby residents have been vocal in their opposition to the towers, Troy residents have remained silent with their concerns. Terri Medley, the town's clerk and treasurer, said residents may be indifferent to the situation or simply unaware of the project.

Vermont Governor Phil Scott recently addressed the issue in a press conference. He said there is a way to balance border protection and privacy rights. Scott's administration is willing to work towards a compromise with the CBP.

Magog continues virtual council meetings in April

Record Staff

Municipal council meetings in Magog will continue to run virtually throughout April, despite the Eastern Townships recently turning into an orange zone.

According to a press release, the Quebec government's directives regarding COVID-19 does not allow for large gatherings regardless of the colour change. The meetings will continue to be televised on NousTV, as well as a live webcast on the town's Facebook page.

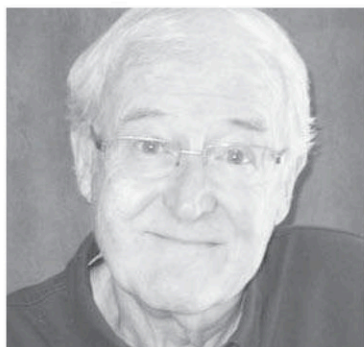
Residents are encouraged to ask questions during the meeting, but they must follow protocol. They can submit a question by commenting on Magog's live thread on Facebook or by calling 819 843-3333, extension 444.

The next municipal council meetings are on Tuesday April 6 and Monday April 19 in the evening. The town also noted that since March 29, residents are allowed inside municipal buildings, but they need to book an appointment beforehand.

EDITORIAL

My memories of summer camp include washing in cold water, lining up to use an outhouse - or in some cases digging my own latrine - continually smelling like a campfire, shivering in a barely insulated sleeping bag and eating too many beans.

Summer camp revised and revisited



TIM BELFORD

*“Down by the guide camp, glimmer, glimmer
She keeps growing slimmer, slimmer.
Her teeth are phony and her hair’s peroxide
And in the moonlight she looks cross-eyed.
The hustle of her bustle ‘neath the pale moon’s breezes
Sounds like sandpaper twist her kneeses.
But that’s the price a Scout must pay
For stealing Girl Guides away.”*

That old ditty came to mind the other day when I caught a promo for an upcoming television series on the tube that will feature the fun, trials and tribulations of ‘Summer Camp.’

To be fair, the above quoted verse - which is sung to the tune of ‘Glow Worm’ released by The Mills Brothers in 1952 - is from an era well in advance of any sense of ‘political correctness’ and downright sexist to boot. Still, it was awfully funny to your average adolescent Boy Scout.

The new Summer Camp promo featured a whole slew of cavorting teenagers, dancing, singing and generally looking overjoyed to be away from parental control for a month or two. They were artfully dressed, smiling, laughing and with that just-scrubbed look that added a glow to the over all sense of merriment. In short, they looked nothing like anyone I ever remembered from summer camp.

First off, any camp I ever attended was definitely not co-ed. If there were females, particularly Girl Guides, they were usually on the other side of the lake, which appeared to our youthful imaginations to be the size of Superior or Huron. Looking across the water at the barely visible far shore did lend a certain romantic yearning to our thoughts, much like Columbus staring across the Atlantic contemplating the New World.

Our summer camps didn’t feature much in the way of music and dancing either. Oh sure there were the usual campfire songs and maybe a guitar or two but I never once had the urge to leap to my feet and do a pirouette around the hearth. We weren’t allowed to bring radios or hi-fi record players with us, so if you wanted music you had to rely on the vocal prowess of your fellow campers.

Summer camp was also where you learned ‘arts and crafts’. One of the most common was braiding strips of leather or cloth, sometimes even synthetic plastic, into wrist bands. The biggest decision was what to do with the band once you were finished. In those days young men didn’t wear bracelets - there’s that sexist thing again - and the girls, as I mentioned, were on the other side of the lake. As a result, most mothers ended up with a collection of wrist bands that they dutifully tucked away in a drawer somewhere. She Who Must Be Obeyed assures me that I should count myself lucky since at her camp they spent endless hours with a needle threading macaroni into necklaces.

My memories of summer camp include washing in cold water, lining up to use an outhouse - or in some cases digging my own latrine - continually smelling like a campfire, shivering in a barely insulated sleeping bag and eating too many beans.

I can’t wait to watch the new Summer Camp. If they’ve got girls I be they have showers.



Prevention is better than a cure, community groups say

Record Staff

The Regroupement des organismes communautaires Famille de l’Estrie (ROCFE) sent out a press release this week denouncing Minister Carmant’s decision to transfer the management of early childhood prevention programs to the provincial level.

According to family community organizations (OCF), combining prevention programs with youth protection does not address the problems raised by Minister Carmant. “This is a serious mistake. The network, through the CLSCs, already has difficulty recruiting mothers for OLO and SIPPE, imagine when it will be the DPJ!” explained Caroline Payer, spokesperson for the ROCFE in a press release.

The organization pointed out that parents are already afraid to voluntarily go to an institution like the CIUSSS. Imagine their reaction if the youth protection directorate was named. The prevention programmes are not aimed at parents who have a file with the DPJ, they are upstream. These programmes enable contact with the parents and act as a preventive measure, well before a report is made, which often does not happen if the preventive actions have been successful, ROCFE says.

Family community organizations have been involved in the implementation of early childhood prevention programmes for years. Close to the reality of the communities in their neighbourhoods, the groups

know how to create strong ties with the parents who come knocking on their doors. With a vision in which parents are the primary experts on their children, OCFs work with them on the basis of their strengths for the well-being of their children and the entire family, ROCFE says. Prevention is at the heart of all their interventions. Their actions lead parents to gain confidence in their roles, to better understand the different needs of their children.

ROCFE questioned how centralising programmes would improve the continuum or fluidity of services.

“Regional public health knows its population and is more grounded in the field. Once again, we are witnessing the politicization of a social program,” commented Payer. Following Bill 10, it the weaknesses of hyper-centralisation have been demonstrated, ROCFE pointed out.

Regarding remarks made by Minister Carmant remarks about the Director of Public Health for the Estrie region Alain Poirier, Payer said it is unfair to target the increase in reports in the Eastern Townships and to point the finger at Dr. Poirier when the system as a whole has been in such bad shape for many years after having been completely dismantled with Barette reforms. “It is these reforms that have slashed prevention programs. Minister Carmant and his team should instead work to restore prevention programmes and provide more support to the public branches in the regions,” concluded Payer.

THE RECORD

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Local Sports

Canada's Bottcher prepares to battle for another curling title in Calgary's bubble

By Donna Spencer
The Canadian Press

Canada's top curlers competed in Calgary for over a month without a COVID-19 outbreak among them. The world's most talented men in the sport have now entered the bubble.

The 2021 BK Tires and OK Tires World Men's Curling Championship opens Friday at WinSport's Markin MacPhail Centre following the Canadian men's, women's and mixed doubles championship there.

Brendan Bottcher's Edmonton rink represents the host country starting Friday against Scotland's Bruce Mouat.

After losing the national men's final three straight years and falling a win short of the world championship, Bottcher, third Darren Moulding, second Brad Thiessen and lead Karrick Martin out of the Saville Community Sport Centre get their chance to wear the Maple Leaf on the world stage.

"It's definitely a pretty proud feeling," Bottcher said. "It doesn't matter what sport you play in."

"When you reach the stage where you're putting the Maple Leaf on your back, that's a pretty big accomplishment."

The Albertans may be world championship rookies and light on international experience, but they beat world and Olympic champions such as Brad Gushue, Kevin Koe and Brad Jacobs en route to winning the Tim Hortons Brier on March 14.

And unlike the 13 other participating countries, Bottcher and company are well-versed in the ways of Calgary's curling bubble life.

The world championship is the fourth curling event in five weeks to be held without spectators in Calgary.

Apart from skips' calls, it's like curling in a library in which every breath and utterance is heard on television via the microphones players wear on the ice.

Participants quarantine and are tested upon arrival, and are confined to the arena and their hotel across the Trans-Canada Highway.

"I think our comfort level of just being in the bubble here and knowing the logistics of how that all works, that provides a certain level of comfort we kind of have off the hop," Bottcher said.

Men's curling joins the NHL's playoff bubble last summer and the 2021 world junior men's hockey championship, both in Edmonton, as

the only major international sporting events in Canada since the coronavirus pandemic descended upon the world a year ago.

The 2020 men's championship in Glasgow, Scotland, was cancelled and Ottawa was the original host of this year's tournament.

The 2021 women's world championship, originally scheduled for Switzerland in March, has been tacked onto Calgary's bubble in May following a pair of Grand Slam tournaments.

Unlike the junior hockey players who arrived by charter, the international curlers flew commercial. They were required to produce a negative test 72 hours before departing for Calgary.

Players and team personnel then entered a "week-long managed quarantine" upon arrival and underwent four tests during that time to be cleared to play, according to a World Curling Federation spokesman.

The top six teams in Calgary qualify their countries for next year's Winter Olympics in Beijing, so medals aren't the only stakes this year.

Rock handles will be equipped with hog-line sensors for the world championship. Canada's three domestic events operated without them.

Canadian teams have won five gold in the last 10 men's world championships and reached the final in another three.

Gushue's rink from St. John's, N.L., was the last to take the title in 2017 in Edmonton.

"I view it as a responsibility as well," said Moulding. "We have so many great players and such a great history in Canadian curling."

"To be a part of that long line of great people and great curlers who have been able to do this, it is a responsibility to represent our country in a good way and play with excellence like we usually and expect to do."

Bottcher's main rivals for gold figure to be Sweden's Niklas Edin, who defeated Canada's Kevin Koe and Gushue in the 2019 and 2018 world finals respectively, reigning Olympic champion John Shuster of the U.S., Scotland's Mouat, Switzerland's Peter de Cruz and Japan's Yuta Matsumura.

Moulding withdrew from the national mixed doubles championship with a back injury, but declared himself fit to play in the world championship.

As insurance, however, Olympic and world champion Marc Kennedy is Canada's alternate player in Calgary.



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Diet and exercise can help with arthritis



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

stiffness and swelling that affects the joints, most often in the hands, feet, hips and knees. Although rare, the inflammation from certain types of arthritis can affect other parts of the body, such as the kidneys, heart, eyes and lungs. Arthritis occurs in people of both sexes, and of all ages, races and body types. It is estimated that up to one-fourth of Americans are living with some type of arthritis, which makes it one of the leading causes of disability in the U.S.

The two most common types of arthritis are osteoarthritis and rheumatoid arthritis. The former is caused by wear and tear of the joints. The latter is an autoimmune disease in which the person's own immune system attacks and damages the connective tissues. Both result in similar symptoms, which include stiffness in the morning and after inactivity, pain while walking, localized joint pain and swelling, tenderness or warmth within the joints.

There are several things your daughter can do to manage the progression of arthritis. (And these

can benefit you, as well.) One is to maintain a healthy weight, which lessens the daily toll on the joints in the feet, hips and knees. A healthful diet, with an emphasis on lean proteins and a wide variety of fresh fruits and vegetables, is important. So is minimizing foods known to kick up inflammation, which includes refined starches, added sugars, red meat and saturated fats and trans-fats.

It may seem counterintuitive, but staying active lessens arthritis pain, keeps joints moving and increases range of motion. Go for joint-friendly exercises that are enjoyable enough to do regularly. These include low-impact options such as walking, cycling, tai chi, yoga, Pilates, swimming and water aerobics. Strength training, which helps to build up the muscles that support your joints, can also be very helpful. However, it's best for this to be done under supervision, at least in the beginning.

As when adding any new exercise to your daily routine, it's a good idea to first check in with your health care provider. Which leads us to a

final bit of advice: If your budget and health insurance allow, we think it would be wise for your daughter to have at least one visit with a rheumatologist. They can assess her condition, provide her with a baseline from which to evaluate the progression of her arthritis and help educate her on what to expect in the future. If she's experiencing pain, they can help her explore a range of options to deal with it. The more she knows about arthritis in general – and her condition in particular – the more active she can be in participating in her own care.

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

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

Datebook

THURSDAY, APRIL 1, 2021

actor; Asa Butterfield (1997-), actor.

TODAY'S FACT: Two monumental innovations in meteorology occurred on April 1: In 1875, Francis Galton published the first newspaper weather map; in 1960, TIROS-1, the first weather satellite, was launched from Cape Canaveral, Florida.

TODAY'S SPORTS: In 1985, the eighth-seeded Villanova Wildcats defeated the top-seeded and heavily favored Georgetown Hoyas 66-64 in the NCAA championship game.

TODAY'S QUOTE: "Chance and chance alone has a message for us. Everything that occurs out of necessity, everything expected, repeated day in and day out, is mute. Only chance can speak to us." – Milan Kundera, "The Unbearable Lightness of Being"

TODAY'S NUMBER: \$2.28 trillion – value of Apple Inc. in February 2021. The company was founded in Cupertino, California, by Steve Jobs, Steve Wozniak and Ronald Wayne on this day in 1976.

TODAY'S MOON: Between full moon (March 28) and last quarter moon (April 4).

Today is the 91st day of 2021 and the 13th day of spring.

TODAY'S HISTORY: In 1826, Samuel Morey received the patent for the first internal combustion engine.

In 1945, Operation Iceberg began as U.S. troops landed on the Japanese island of Okinawa.

In 1970, President Richard Nixon signed the Public Health Cigarette Smoking Act, which required the surgeon general's warning on tobacco products and banned cigarette ads on radio and TV.

In 2011, a mob protesting the burning of the Quran attacked the United Nations compound in Mazar-i-Sharif, Afghanistan, causing the deaths of 13 people.

TODAY'S BIRTHDAYS: Otto von Bismarck (1815-1898), German political leader; Edmond Rostand (1868-1918), playwright; Sergei Rachmaninoff (1873-1943), composer; Milan Kundera (1929-), author; Debbie Reynolds (1932-2016), actress; Ali MacGraw (1939-), actress; Samuel Alito (1950-), Supreme Court justice; Rachel Maddow (1973-), TV personality; David Oyelowo (1976-),

THURSDAY, APRIL 1, 2021

A ghost of a deal on an anniversary

By Phillip Alder

The first of these columns that appeared under my byline was published on April 1, 1991 – exactly 30 years ago today. Nearly 10,000 columns later and counting ...!

My predecessor, Jim Jacoby, died unexpectedly from lung cancer. I spoke with his editor, Linda Bosson, and she told me that Jacoby was behind schedule. So, 18 columns that I wrote appeared under his byline.

Today's deal was the first of those. How should South have played in four hearts after West led a trump?

If every player counted his tricks correctly, there would be no average players – everyone would be an expert.

The count-free declarer charged into the play. He drew trumps and continued with the ace and another club. He was hoping for an even club split, but East gratefully cashed three tricks in the suit and the spade king to defeat the contract.

South should have counted his tricks. He had nine sure winners, and the 10th could come from either a 3-3 club division – which would happen about one-third of the time – or a club ruff in

North 04-01-21			
♠ 9 8 6 5 4			
♥ K 5 3			
♦ K 7			
♣ 9 8 2			
West		East	
♠ A J 10 3		♠ K Q 7	
♥ 7 4 2		♥ 8 6	
♦ 9 6 5 3 2		♦ J 10 8	
♣ K		♣ Q J 10 7 4	
South			
♠ 2			
♥ A Q J 10 9			
♦ A Q 4			
♣ A 6 5 3			
Dealer: South			
Vulnerable: Both			
South	West	North	East
1♥	Pass	2♥	Pass
4♥	Pass	Pass	Pass
Opening lead: ♥ 2			

the dummy. The correct play is to win the first trick in hand and immediately cash three diamond tricks, discarding a club from the dummy. Next, play the ace and another club.

East will return a trump, but South wins in hand and ruffs a club in the dummy with the heart king for his 10th trick.

Anytime you can ruff in the shorter-trump hand, it is almost certain to be the right play. Always ruff high if you can afford to.

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NEA Crossword Puzzle

ACROSS

- 1 Chinese pan
- 4 Jellystone bear
- 8 "Exodus" hero
- 11 Opera set in Egypt
- 12 Sheik's cartel
- 13 Kind of story
- 14 Indistinct shape
- 15 Ms. Winslet
- 16 Had dinner
- 17 German dessert
- 19 Ell
- 21 Youngster
- 22 Back when
- 23 Open-air lobbies
- 26 Discourse
- 29 "Malcolm X" director
- 30 Area
- 32 Cougar's home
- 34 A Great Lake
- 36 Put under wraps
- 38 Travel on powder
- 39 Sense

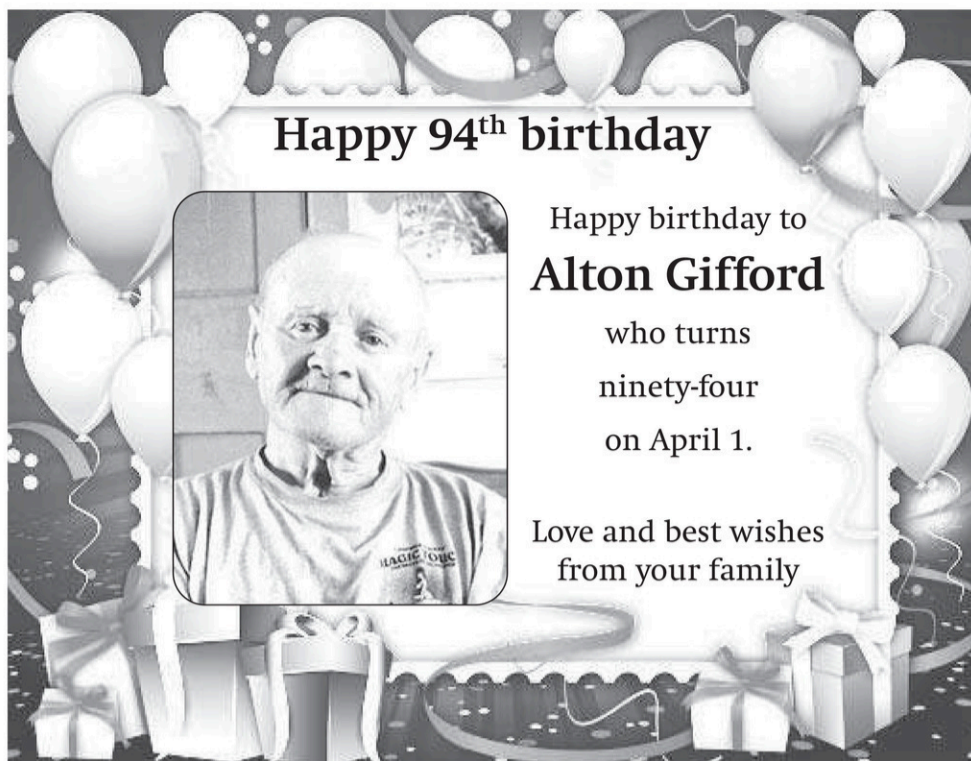
- 41 In the altogether
 - 43 — -Magnon
 - 44 Sticky fruit
 - 45 Coffee variety
 - 48 Adorns
 - 52 Small guitar
 - 53 Close
 - 55 Picture holder
 - 56 Dejected
 - 57 USC rival
 - 58 Actress Tyne —
 - 59 Organ of sight
 - 60 Gardener's need
 - 61 Crawling insect
- DOWN**
- 1 Lose strength
 - 2 Bouquet
 - 3 Japanese theater
 - 4 United
 - 5 Libra's stone
 - 6 Catch on
 - 7 Glacial epoch (2 wds.)
 - 8 Mighty — — oak

Answer to Previous Puzzle

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

- 9 By heart
- 10 Mountain goat
- 11 Crunch targets
- 18 Cameron — of films
- 20 Year-end tune
- 22 Parroted
- 23 Stout
- 24 Hatcher or Garr
- 25 Jockey's need
- 26 Grumpy mood
- 27 Barrel
- 28 Go back-packing
- 31 Cincinnati's river
- 33 Eliminate
- 35 Write on glass
- 37 Oklahoma town
- 40 Planet next to Saturn
- 42 Meeting outline
- 44 Savage
- 45 Think on
- 46 Thumbs-up
- 47 Surrender territory
- 48 Romantic island
- 49 "Misery" co-star
- 50 Chieftain's plaid
- 51 Cagey
- 54 Environmental prefix

	1	2	3		4	5	6	7		8	9	10
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52				53	54					55		
56				57						58		
59				60						61		



Your Birthday

THURSDAY, APRIL 1, 2021

Share your enthusiasm this year. Step outside your comfort zone if it will help you get things done. Explore new places and pastimes. Check out what nature has to offer. Get back to the basics and enjoy life. Your ability to get things moving will be a huge asset.

ARIES (March 21-April 19) – Spend less and accomplish more. Put a budget in place and bring about changes that will make you feel good about yourself. Romance and self-improvement projects are favored. You can do it!

TAURUS (April 20-May 20) – Open up, discuss matters that concern you and look for solutions that work for all involved. Compromise will help you dismiss uncertainty and confusion. Focus on the future.

GEMINI (May 21-June 20) – Be aware of what's going on around you and the limitations you face if you let others make decisions for you. Do your own thing, and make your decisions based on how you feel and what you can do.

CANCER (June 21-July 22) – Be imaginative; put a unique spin on whatever job you are assigned. If you go the extra mile, success is sure to follow. A partnership looks promising. Don't be afraid to make the first move. Use your money sparingly and effectively.

LEO (July 23-Aug. 22) – Learn from someone you look up to. Your efforts to make a difference will lead to gratifying opportunities to get ahead. Romance is on the rise and will enhance your personal life.

VIRGO (Aug. 23-Sept. 22) – Choose your battles wisely. You'll be much

further ahead if you concentrate on bringing about the changes that will make your life better. Don't get angry; get moving.

LIBRA (Sept. 23-Oct. 23) – Connecting with people who have similar ambitions will help you reach your goal. A partnership looks inviting, as long as you keep things equal. Discipline and hard work will pay off.

SCORPIO (Oct. 24-Nov. 22) – Focus on what matters to you. Take care of money matters so you are free to do the things you want to do. Personal growth, educational pursuits and getting back to your roots will turn out well.

SAGITTARIUS (Nov. 23-Dec. 21) – Put your heart into something that matters to you. Personal and domestic improvements will pay off. Refuse to let an outsider interfere in what you are trying to accomplish.

CAPRICORN (Dec. 22-Jan. 19) – Share your thoughts, feelings and desires. Building a strong base with people heading in a similar direction will give you the strength, courage and resources to reach your destination.

AQUARIUS (Jan. 20-Feb. 19) – Look at what you are capable of doing, and you'll find a way to use your skills to advance. Be inventive, and do your own thing. Physical fitness will ease stress and help you look and feel good.

PISCES (Feb. 20-March 20) – Stick to the truth to avoid an awkward moment. Put your energy into self-improvement, fitness and a healthy diet, and it will help you avoid overindulgent behavior and combat temptation.

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.

“ RO UIC AICSB JXIRB JSS OIISE ZI
RFNI J BDFED OIPDEN JFB NGDPD
P DOPJRF OPIT ZJMRFZ RFNI ENRSS
VIISE.” — JCENRF I'TJSSDU

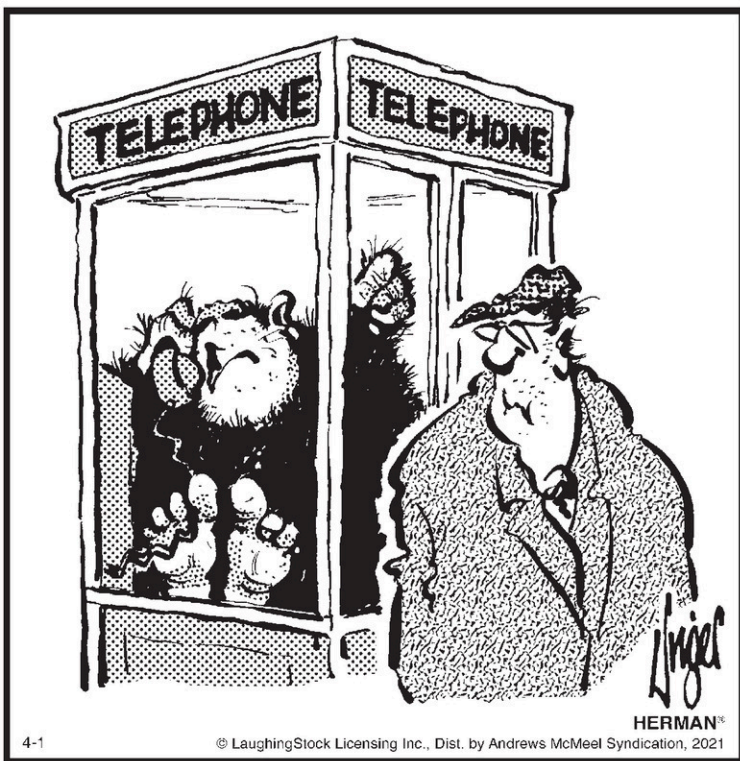
Previous Solution: “An actor really is a kind of intermediary between an audience and the piece, whether it’s a play or movie.” — Christopher Walken

TODAY'S CLUE: A sjenbæ x

REALITY CHECK



HERMAN

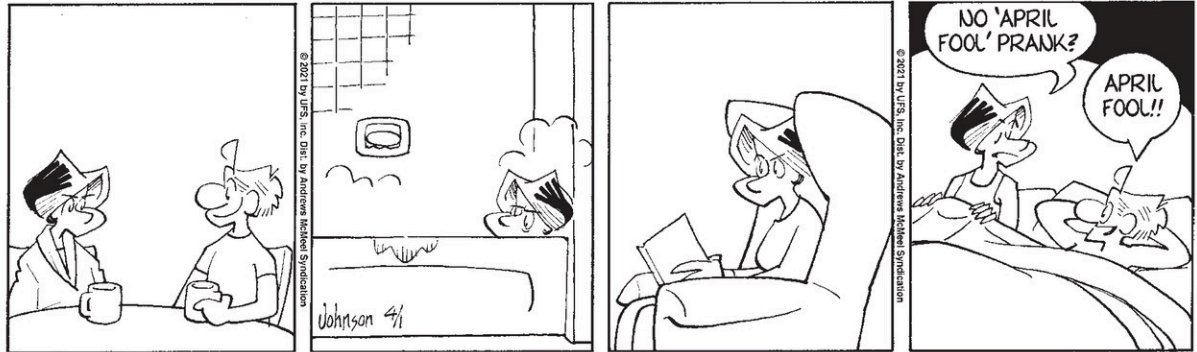


“Hello, operator. I wanna place a collect call to the zoo.”

ALLEY OOP



ARLO & JANIS



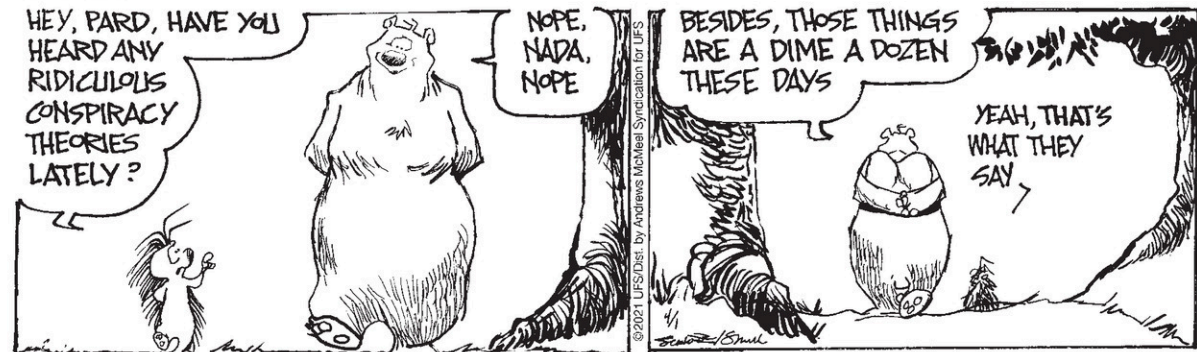
THE BORN LOSER



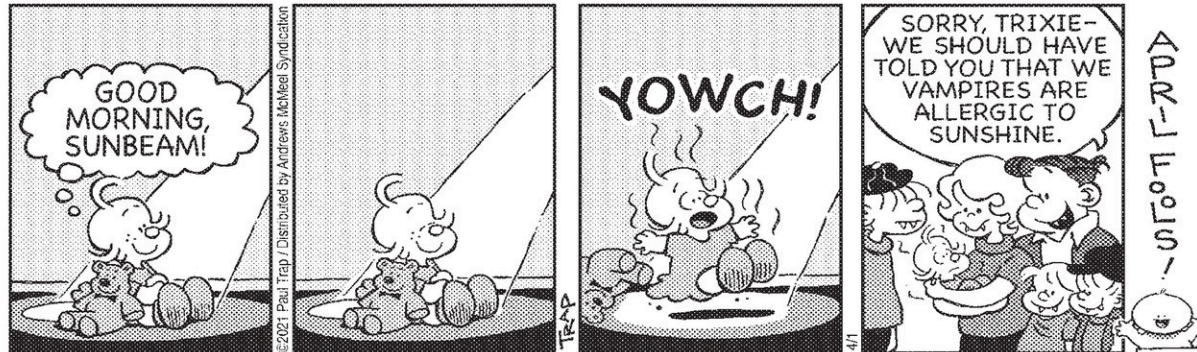
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TOWNSHIPS

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DUNHAM

Meet the Artisans Easter Weekend at Marché des Artisanats Dunham. Open Thursday, April 1 to Monday, April 5. 3786 rue Principale in Dunham. 450-295-2252. Facebook @ marchedesartisanatsdunham.



Did you know?

Easter wells are colorful, traditional decorations in Germany and Franconian Switzerland. The custom of Osterbrunnen, which started in the early 20th century, includes decorating public fountains and wells with Easter eggs. The tradition begins on Good Friday and continues until two weeks after Easter. According to the Bavarian tourism site www.bavaria.by, before the wells are decorated,

they are first cleaned in a ceremony known as "Brunnen feegen," which loosely translates to "sweeping the well." Once cleansed, the well is dressed and decorated. The practice traces back to the belief in water as a life-giving force. Some infants are even baptized in the well's water, and others drink the Easter water as a protection against illness.

(Metro Creative)

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SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

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

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PREVIOUS SOLUTION

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

HOW TO PLAY:

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

Make your own chocolate Easter bunnies

The Easter bunny is a tradition that has been passed down for centuries. Symbolizing fertility and wealth, the Easter bunny became a holiday standard in Germany during the 16th century.

The custom of chocolate eggs came along centuries after the Easter bunny, originating in the 19th century in France and Germany. As Easter celebrations evolved, chocolate eggs were not the only delicacy; chocolate Easter bunnies also were shared and enjoyed.

While there are scores of mass-produced chocolate bunnies available for purchase, and many local chocolatiers also make Easter bunnies and other sweet treats, families may want to try making their own chocolate Easter bunnies this year. This can be a family-friendly activity that favors togetherness with the promise of a sweet reward.

1. The first step to creating chocolate Easter bunnies is to select the type of chocolate you prefer. Bunnies can be made from white chocolate, milk chocolate, dark chocolate, or even a combination for a marbled effect. Chocolate melts, chips or chocolate couverture are widely available at specialty chocolate and food shops or craft supply stores, according to DoItYourself.com. This simplifies the bunny-making process. Some retailers also may sell bunny-making kits that pair the chocolate melts with the mold in one box for ultimate convenience.

2. Craft stores also have aisles devoted to culinary crafts. Browse to find an Easter bunny mold. Some may sell solid chocolate bunnies or hollow varieties. Choose molds in the desired size, as bunny molds may be large or small.

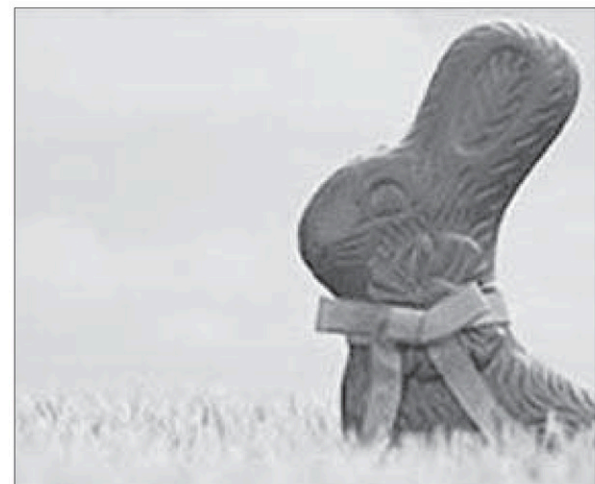
3. Follow directions to melt chocolate successfully. Some chocolates can be slowly melted in the microwave. A double-boiler method, in which the chocolate is melted in

a bowl placed above a pan with boiling water, can help the chocolate melt consistently and prevent it from burning.

4. Pour the chocolate into the mold and gently tap the mold so that it displaces air bubbles and helps the chocolate settle evenly into the design. Allow the chocolate to set up in the refrigerator. If your mold is hollow, you can seal the two halves of the bunny with a little melted chocolate on the seam.

Creativity can be unleashed when making homemade chocolate bunnies. Experiment with adding a few drops of peppermint oil or orange liqueur to customize the flavor. Before sealing hollow bunnies, place peanut butter or raspberry jam inside for a tasty surprise. Use colored candy melts to add colorful eyes or cheeks or to tint the inside of the bunny ears.

For an even more festive effect, seal a lollipop stick in a chocolate bunny and use it to secure the Easter bunny to the top of a cake. (Metro Creative)



Ditching the cheating boyfriend

Dear Annie

THURSDAY, APRIL 1, 2021

Dear Annie: My boyfriend and I have been together for 10 years. Everything was good until three years ago when a woman contacted me to tell me that she'd been seeing him. She apologized to me for it.

After we got off the phone, I found her on Facebook and realized that they'd been "liking" each other's posts for years. She even posted a photo of them together, and someone had commented making a sexual joke about them. They'd both replied and laughed.

So, I confronted my boyfriend, and he stopped – or so I thought. Then, six months ago, I found charges on his credit card statement for some local hotel! I confronted him, and he brushed it off, said it hadn't been him.

We have smart security cameras at our front and back door, and ever since I confronted him about the middle-of-the-night hotel charges, he's disabled my ability to access the camera feeds from my phone. But I can always tell when he's with her because he won't answer his phone. (Otherwise, he always answers his phone.) I just hate the thought that the last 10 years were for nothing. – Had It Up to Here

Dear HIUTH: Make decisions based on your future, not on your past. You're caught up in the sunk cost fallacy – continuing your current relationship just because you've already spent so much time in it and don't want it to have been a waste. The thing is, it wasn't really a waste. Consider the good moments you've had, even with your boyfriend. Consider the tough, character-building moments, too. It's all added up to a meaningful period of growth and lessons you can take into the next decade – after leaving this lecher in the last. Which you must do, pronto.,

Dear Annie: In response to "In a Quagmire," the gentleman who had difficulty using a computer: Computers confound me to no end. I enjoy my games and texting on my phone. I tweet a bit. But when it comes to any task where I'm expected to have the least amount of computer skills, it's incredibly frustrating – as frustrating as not being able to get a "real" person on the phone to help me. I graduated high school summa cum laude but that has no influence on my computer skill, and "In A Quagmire"

needn't question his smarts. I just accept it as a place where I need help. Self-professed computer geeks are usually willing to step in and help. And in this day and age, if you have a child, grandchild, niece or nephew, they're often able to help.

– J. Mac

Dear J. Mac: I heard lots of sympathetic feedback for "Quagmire," including the following practical tip for adults who have struggled to get the hang of computers despite years of trying and lessons.

Dear Annie: To "In a Quagmire," his problem might be that he's being taught by people who are not dyslexic! It takes one to teach one. We come at things differently. I'm about his age and also graduated from college with honors. And I'm dyslexic. I managed to somewhat teach myself to use a computer. The other people who had attempted to teach me to use one – my husband, my techie son and others – didn't "see" things the way I did. However, beyond finding an instructor with dyslexia, my solution is: Get an iPad or other tablet. Anybody can use an app, even small children. Now I'm a wiz and even teach my husband how to do it! And I just pretend that I only use an iPad because it's a far superior device – ha! – A.F.

Dear A.F.: I'm happy to share your practical tip for "In a Quagmire." If anyone else has suggestions, I'll print them here, too.

"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.

Alexander Galt 2021 Easter Basket Campaign

Initiated in 2018, the AGRHS Easter basket campaign is now part of the local traditions. From the start, we have been fortunate enough to receive generous donations from our community.

This year again, your support will be essential in making this Easter a hopeful occasion for our less fortunate families.

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

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

Please, make cheques payable to
(tax receipts for donations of 10\$ and over will be issued):
AGRHS Easter Basket Campaign and mail to:
AGRHS, P.O. Box 5002,
1700 rue College, Sherbrooke, QC J1M 1Z9

Thank you for your generosity!

Are you healthy?

Q&T Research is participating in a clinical study that requires plasma and blood samples.

You could be eligible to participate if you:

- Are between 18 and 65 years of age;
- Are healthy;
- Have never had meningitis or have never received a vaccine against meningitis (or meningococcus).

No medications or treatment will be administered during this project. Participants are eligible for financial reimbursement of up to \$75 for the screening visit and selected individuals could receive up to \$300 for each subsequent visit.

This project is conducted under the medical supervision of Dr. Jean-Sébastien Gauthier.

For more information, contact Q&T Research at (819) 562-0777, or visit www.qtresearch.com.

