

Quebec looking at decreasing AstraZeneca cut-off age

Record Staff

Following similar decisions made by the provinces of Ontario, Alberta, and Manitoba Quebec's director of public health, Horacio Arruda, told reporters that the age limit for the AstraZeneca vaccine would be dropping to a new level on Monday. As of this writing, specifics about the new age limit had not been made public, although in the three other provinces the limit dropped from 55 to 40.

Quebec also began enforcing a border closure with Ontario on Monday as an added measure to help control the spread of the virus across provincial lines.

The province of Quebec reported 1,092 new cases of COVID-19 on Monday, bringing the total number of people infected 338,044. The number of active cases in the province went down from Sunday to Monday's report, going from 13,449 to 12,852.

Monday's report also included 15 new deaths, although the total number of deaths in the province linked to COVID-19 only increased by 14, to 10,816, due to the withdrawal of one previously reported death that could not be linked to the virus.

The number of hospitalizations in

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Coaticook farm wins gold for exceptional milk quality



COURTESY

Record Staff

Ferme Morine of Coaticook was one of three farms honoured by the Quebec Dairy producers for the quality of their milk, along with Ferme Martin & Renaud Boutin inc. of Saint-Georges and Ferme Vicain SENC of Saint-Éphrem-de-Beauce. The winners were announced during the 2021 annual general meeting of the Producteurs de lait du Québec.

The gold medal or Lait'xcellent OR 2020 was awarded to Ferme Morine,

owned by Véronique Lévesque and Réjean Morin since 2001.

They are the third generation.

According to Ferme Morine, producing quality milk is a team effort that is done with great passion. Every day, they make sure that the bedding made of sawdust and straw is dry. Twice a week they add a drying product that also has a beneficial effect on the animals' feet. Milking is done with a conventional milking system and always at the same time in order from the highest to the lowest

somatic cell count. Sending the cows to pasture is also a factor that greatly contributes to the health and well-being of their cows, the producers said. Lévesque and Morin said the quality of their milk is mainly due to a close follow-up of the health of each cow and keeping a close eye on milk quality results.

In addition to winning first place at the provincial level, Ferme Morine also won two Grand Distinction and five Very High Distinction certificates in recent years.

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Weather



TODAY:
SHOWERS

HIGH OF 12
LOW OF -1



WEDNESDAY:
SNOW OR RAIN

HIGH OF 2
LOW OF -3



THURSDAY:
SNOW

HIGH OF 0
LOW OF -1



FRIDAY:
CLOUDY

HIGH OF 10
LOW OF -2



SATURDAY:
MIX OF SUN
AND CLOUD

HIGH OF 15
LOW OF 4

MasterClass is now in session - brain food



DISHPAN HANDS

SHEILA QUINN

I have a brain that seems to be constantly hungry.

Feeding it consists of a rather wide variety of experiences. My brain loves innovation and creativity, so learning about those things keeps it happy. It also thrives on learning about culture, history, art, sports, people, and as many new perspectives on different things as possible. It thrives on spectrums.

A lifelong learner, perhaps thanks to having such a bright, gifted teacher for a Mum, I am aware that this hunger is never going to truly go away. As a small person it was pretty hungry too. I fed it by reading, by crafting, playing, learning, obsessing in my own little ways about all kinds of different things. By having one of my brothers hold my legs while I dove into the big cardboard box (probably from a stove) that was full of books in our grandparents' attic, to pull out new ones, and poring over our grandfather's collection of original Popular Mechanics magazines, and reading our Dad's collection of books about the Holocaust, the devastation experienced by so many people worldwide and those ripple effects. Those left an impression that will last my lifetime.

Sometimes I have fed it what might be perceived as less healthy snacks, devouring pop culture and fashion magazines, watching corny shows and movies - but in there were weird nuggets that lent themselves well to various moments, from bonding with fellow fans to being

able to answer trivia questions.

As online culture as grown as a popular vehicle for learning, TED Talks piqued my interest. According to their official website, 'TED is a non-profit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics - from science to business to global issues - in more than 100 languages.' These TED Talks were fascinating, but I was left still...hungry somehow.

In the last year-and-a-half or so, the trend towards learning-centric media has surfaced - mostly offered online, these classes typically use celebrity personalities from all walks of the world - and offer their classes, once exclusive to in-person seminars, retreats and cruises where participants spent their time immersion in the learning world of that leader. That's about as exclusive as it gets - you have to have the money for the course, the trip and the time.

Enter MasterClass.

While it's not the only outfit using this branding as a concept for their services, it's the only one whose brand name is exactly that. Offered online, MasterClass is one slick machine. Featuring a star-studded line-up of 'instructors', this online service isn't doesn't just have interesting content, it is sharp. Stylized. Beautiful. As I did a trial of the workings I was swept up by the carefully crafted show arranged for each presenter. They suited them so well!

As my hungry brain demanded a bigger snack, bored of movies and Sudoku and some of my beloved series, having watched them several times, I decided I would take the plunge, make the investment and join one of these workshops.

The content on MasterClass truly clicked when I perused the content, and with instructors like Anna Wintour (Editor of Vogue Magazine), David Sedaris (Writer),

Helen Mirren (Actress), Neil Gaiman (Writer), Neil De Grasse Tyson (Astrophysicist), Margaret Atwood (Writer), Ron Finley (Gardener), Sheila E. (Drummer/Musician), Gordon Ramsay (Chef), Kelly Wearstler (Interior Designer), Jeff Koons (Avant-Garde Artist), Diane von Furstenberg (Clothing Designer), Penn & Teller (Magician/Entertainers), Bobbi Brown (Make-Up Artist/Cosmetics Specialist), Sara Blakely (Owner and Founder of Spanx undergarments company), and the magnificent RuPaul Charles (Entertainer/Author/Drag Queen), I was sold.

This wasn't an inexpensive adventure into learning - at roughly \$260 for the year - yet, this was \$260ish ...for the year. This is a gift that has kept on giving, as my imagination and awareness broadens, fed by people who've crafted careers that have dipped, waned, soared, keened. Topics that didn't leap off of the webpage for me resulted in connection and new interests, new perspective.

While today the investment in some kind of learning is that much more tempting, as we seek to better ourselves and not melt into the many screens talking at us, the opportunity to hear how such a range of interesting people have made their way in the world, how stumbles and hurdles have affected them is refreshing. They look into the camera. They speak about their journey. They give us ideas about our own.

If your brain is feeling strange, hungry, squeezed, sleepy, exploring how you can feed it (and actually feel quite a lot better) is the ultimate adventure. MasterClass is working for me - what will work for you? Exploring how we can learn more can happen on the internet, in a library, with local teachers of all types of trades. Hobbies are our best friend now more than ever.

Perk up that grey matter, learn something new.

Happy Foraging!

Ben by Daniel Shelton



Sports organizations in the Eastern Townships mourn the sudden loss of Steve Gosselin

By Michael Boriero

The Eastern Townships' sports community was rocked over the weekend, as members from hockey, football, and baseball organizations reacted to the sudden loss of local scorekeeper and announcer, Steve Gosselin.

"Steve will be greatly missed, not only as a volunteer, as a work colleague, but also, he was a brother to me and to so many people. We were privileged to share so many wonderful moments with him," said Robert Legault, public relations officer for the Sherbrooke Expos.

Gosselin, who was in his mid-40s, was discovered in his home by the Sherbrooke Police Service (SPS) on Saturday morning. He had been in isolation for five days after recently receiving a positive COVID-19 test result.

According to Legault, Gosselin spoke to his parents and a friend on Friday evening. When his parents didn't hear from him the next day, they decided to call the SPS to check up on him. There will be a coroner's report to determine the exact cause of his death.

Legault told The Record that he met Gosselin more than 30 years ago, working with the Sherbrooke Canadiens, a professional ice hockey team in the area. Legault said that Gosselin wore many hats; he was a scorekeeper, timekeeper, and an announcer.

He eventually became involved with the Expos, the city's senior amateur baseball team, the Champlain College Lennoxville Cougars football and hockey teams, the Quebec Major

Junior Hockey League's Sherbrooke Phoenix, and the Pif Classique Softball Tournament.

"He was the kind of guy that would say 'yes' and come and get involved in all kinds of events," said Legault. "He worked football games, hockey games, lacrosse games, softball; he did so many things in these areas."

He was one of the main announcers at the Amedée Roy Stadium, home of the Expos, he continued. Gosselin started by replacing Legault, the announcer at the time, when he was sick or on vacation. When Legault left for Montreal, Gosselin became the go-to announcer.

He was a consummate professional when it came to office officiating. For the past three years, he has been Hockey Estrie's chief marker, responsible for overseeing and training all of the region's scorekeepers. Gosselin was part of the organization's overhaul plans.

"It has been three years now that we've made scorekeepers more of a priority, they were always volunteers that we didn't pay as much attention to, but with Steve we started giving more credibility to the work done by scorekeepers," said Director General Jasmin Gaudet.

Gaudet added that he was shocked and saddened to hear the news of his death. He had a major influence on the organization's information system. They don't work with paper anymore, everything is digitized, and Gosselin had a hand in that process.

The director general said he doesn't know if Gosselin had any underlying illnesses. He was passionate about sports, Gaudet continued, and for



COURTESY ROBERT LEGAULT

Steve Gosselin (right) was discovered in his home by the Sherbrooke Police Service (SPS) on Saturday morning.

his job as an office official. He will be missed for his perfectionism, calmness, and approachable character.

"We organize a lot of tournaments and Steve was a part of a lot of them here in Sherbrooke, so I knew him from all over," said Gaudet. "He's someone I saw frequently throughout the year, we spoke frequently, too."

Champlain College Athletic Director Sylvain Laflamme said his phone blew up on Saturday once the news started to trickle into the sports community. Gosselin was part of the school's sports scene for roughly 15 years, announcing and scorekeeping hockey and football games.

"He was somebody that everybody knew [and] that everybody had a chance

to meet," said Laflamme. "He was a friendly person, you know, easygoing and everything, so it's a huge loss for the community."

It was a complete shock, nobody wanted to believe it, he explained, and it's even harder because due to pandemic restrictions they won't be able to gather in large numbers to celebrate his life. He plans to do something special whenever restrictions are lifted.

"He was just a great person, fun to be around, never complained about anything. He was more than just somebody that worked for us, he was part of the Cougar family because he's been with us for long," said Laflamme.

Federal Budget 2021: Highlights from the Liberal plan tabled Monday

The Canadian Press

Highlights from the federal Liberal budget tabled Monday by Finance Minister Chrystia

Freeland:

\$30 billion over the next five years, and \$8.3 billion ongoing for early learning and child care and Indigenous early learning and child care. The plan

would aim to see an average drop in fees next year by 50 per cent for preschooler daycare spaces and an average of \$10-a-day care by 2026.

\$3 billion over five years, starting in

2022-23, to Health Canada to support provinces and territories in improving standards for long-term care. The government says this funding will keep

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AstraZeneca cut-off age

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Quebec rose to 686, an increase of three; and the number of people in intensive care increased by eight, to 183.

In the Eastern Townships 31 new cases were recorded on Monday, but the overall number of active cases in the region decreased by 12, to 365. Although 141 of those cases are in the Sherbrooke area, the Du Granit and Coaticook sectors remain the areas with the

highest concentration of infections in relation to their population. There were no new deaths in the region but the number of hospitalizations and people in intensive care both increased by two, for totals of 19 and six respectively.

A total of 2,399,934 doses of vaccine had been administered as of Monday morning out of 2,836,485 doses received by the province in total, accounting for 28 per cent of the provincial population.

Another 230,490 doses of Pfizer are expected this week and 18,960 doses of AstraZeneca that were received last week are still in transit through the health and social services network.

In the Eastern Townships more than one in four residents have now received at least one dose, with more than 1,000 people now having received their second. The Memphremagog area continues to lead the pack in terms of

vaccine coverage, with 31.9 per cent of all residents partially vaccinated.

The percentage of positive test results showing the presence of a variant in Quebec is now at 78.7 per cent, with 22,821 having been confirmed across the province. Of those, 475 confirmations have been in the Estrie region, where the average confirmation rate of variants has been 73.8 per cent over the last week.

Another take on death and taxes



DIAN COHEN

Although it's often attributed to Mark Twain, the certainty of death and taxes was originated by Benjamin Franklin. From another perspective two topics impact everyone: health and money – and both are sitting precariously on a balance board.

On the health side, for the last year the world has been operating on the premise that a vaccine would be found to defeat the COVID 19 virus and that life would return to a semblance of normality in some reasonable time. A year after billions of dollars were plowed into finding a vaccine, success seemed to be upon us – not one but several vaccines with high efficacy were developed in record time,

spurring hope that the decimation of both the economy's and individual's health would no longer be in jeopardy.

These last few weeks are turning hope into hesitancy – PR stumbles in the communication of vaccine safety, delays in the rollout of global and nationwide injections, possibilities of serious side-effects and political gaffes in getting messages to citizens about their behavior has been weighing on the minds of people who had not made up their mind about getting a shot and changing the minds of some who had originally wanted to. With only 20 per cent of the population vaccinated at least once, the third uptick in cases caused by variants is not helping us move toward “herd immunity”.

Two things are certain when we think about our health: the pandemic has advanced scientific innovation exponentially – our technological skills for discovering cures for diseases that have long plagued humankind have never seemed as honed. The pandemic has also laid bare the deficiencies in our present systems designed to keep us healthy. How to fix the way society organizes the delivery of healthcare is evident – more digitization, more community care, less fee-for-service, more patient-

centred treatment by groups of professionals, more early education about illness-prevention, etc. What is not clear is whether governments will devote the same attention and resources to these once the crisis is over.

The money side is equally confusing, bifurcated, worrying – pick your own descriptor – which will depend on whether or not you are one of the people who lost their job, their business, their education – pick your adjective. If you are, your plans for moving up the income and social scale have been derailed. If you are not – meaning you still have an income – you may be better off than before, because you have received pandemic financial support, which you've deployed to buy a bigger home or put in the stock market. So residential real estate and equities are going crazy higher every day, giving pause to many who see the bubbles and wonder when they will burst. I am whole-heartedly in the camp of Dave Rosenberg, a financial blogger who wrote recently, “It is fanciful to believe that we come out of the first global pandemic in over a century into a world of new-found sustainable inflation. Or that a massive surge in public sector deficits and debts, producing little more than a short-term sugar high, have assured us an economic future replete with the “Roaring Twenties” and a “Goldilocks” economic scenario... understand that excesses will always go further than you think (where we are now) but that no bubble ever corrected by going sideways (no sense timing it; just know that it's out there).”

In what we thought were more normal times – before 2020 – most of



us went about our lives not thinking every day about our responsibilities as a citizen of this province and country. Our waking hours were filled with making a living and a life for ourselves and perhaps a partner and children.

That may no longer be enough. The pandemic is weakening many of our societal norms and mores, like going to school and to work, not expanding the authority of police unduly, not abusing drugs and so on. Change is happening, like it or not. You may want to think about what you value of the old normal, and what you would welcome when the new normal comes.

Dian Cohen is an economist and a founding organizer of the Massawippi Valley Health Centre.

Cohendian560@gmail.com.

Federal Budget 2021

CONT'D FROM PAGE 3

seniors safe and improve their quality of life.

\$2.2 billion in Canada's bio-manufacturing and life-sciences sector to rebuild Canada's national capacity in bio-manufacturing and vaccine development and production.

Introducing legislation to establish a federal minimum wage of \$15 per hour, rising with inflation, with provisions to ensure that where provincial or territorial minimum wages are higher, that wage will prevail.

A new Canada Recovery Hiring Program to provide eligible employers with a subsidy of up to 50 per cent on the incremental remuneration paid to eligible employees between June 6 and November 20. The program will provide \$595 million to make it easier for businesses to hire back laid-off workers or to bring in new ones.

\$17.6 billion towards a green recovery to create jobs, build a clean economy, and fight and protect against climate change.

\$1 billion over six years, starting in 2021-22, to the Universal Broadband

Fund to support a more rapid rollout of broadband projects in collaboration with provinces and territories and other partners.

\$18 billion over the next five years to try to narrow the socio-economic gap between Indigenous and non-Indigenous people, including \$6 billion for infrastructure in Indigenous communities, and \$2.2 billion to help end the tragedy of missing and murdered Indigenous women and girls.

\$2.5 billion and reallocate \$1.3 billion in existing funding in order to help build, repair or support 35,000 housing units.

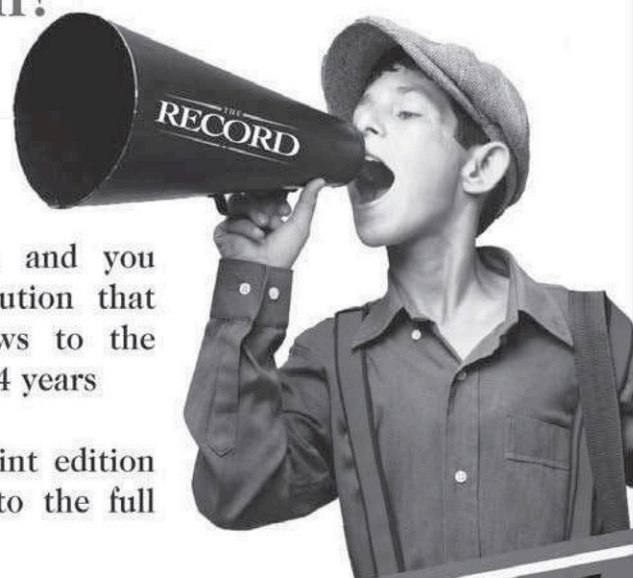
Introduce Canada's first national tax on vacant property owned by non-residents.

Introducing a new tax on the sales, for personal use, of luxury cars and personal aircraft with a retail sales price over \$100,000, and boats, for personal use, over \$250,000.

Includes \$100 billion in new spending over the next three years.

Records a \$155 billion deficit for 2021-22.

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School Page

Farnham Elementary School

Practicing interview skills at Farnham Elementary

By Gordon Lambie

Naomi Royer's Grade 5/6 class at Farnham Elementary School was one of the participants in The Record's journalism workshop series this past spring, and the only group that opted to take a closer look at what is involved in conducting and writing about an interview. After practicing their skills during the workshop, the students then interviewed each other and produced the texts below:

Philip talks Trump, mac and cheese

By: CG

I interviewed my friend Philip to learn more about him and his opinions.

I found out that his favorite hobby is to shop online to see which object is worth the least money on different websites. He especially likes looking at clothes and toys.

He told me his opinion on the United States of America election. Here is his opinion. "Pretty good and if I was in the

U.S. I would vote for Joe Bidon because Donald Trump did nothing about Coronavirus and didn't help people as well as he should in my opinion."

His favorite food is mac and cheese. He likes when the cheese is all warm and stretchy. He really hates when his mac and cheese is cold.

Interviewing Philip was very fun because has good taste and his opinions are cool.

Q & A with Charlotte

By: PB

Hello, today I will interview my friend Charlotte

What is your favorite Roblox game? Why?

Royale High because I like having new outfits and diamonds.

What is your favorite day of the week? Why?

Friday because after school I get to chill at my house.

Who is your favorite cat? Why?

I like all of my cats but one that I really like is Boucanne because he likes to snuggle with me a lot and he's big and fluffy. He is a perfect kitty for me!

Interviewing Charlotte was so fun because I learned new things about her.

Interviewing my classmate Brianna

By: JC

I interviewed Brianna because I wanted to know her better and become her friend.

Question 1 asked: how many pets do you have?

Answer: 5 pets because me and my family like animals so much.

Question 2 asked: what is your favorite movie?

Answer: Home Alone because it's funny when Kevin hurts the criminals.

Question 3 asked: what sport do you play?

Answer: Basketball because I can play with my classmates and it's fun.

By the questions and answers she gave me she is a great friend and student. I think Brianna is a great friend because she doesn't bully anyone. Brianna is the kindest person ever.

Julia loves hitting the slopes

By: CT

Julia Riel is a young girl whose favorite sport is skiing. Her favorite place to go skiing is in Owl's Head. She loves it there because the slopes are fun and steep. Her favorite hills are: Colorado, Kamikazee and a Sous-Bois called the Vestibulle. She got inspired by her parents, because she said, "When I was younger my parents used to go skiing while I was in daycare and the only words I would say was I want to go skiing. So, once my parents brought me skiing on Owl's Head and I liked it so much I wanted to go back."

She started skiing at 22 months old.

When she was 8 years old, she signed up to be in the competitive team of Owl's Head. However she got accepted but she refused to, because she wanted to ski with her parents. She couldn't ski with her parents because the slopes opened at 8:30 and closed at 4:00 her classes would've been on weekends and days off school, the classes would've started at 8:30 and ended at 4:00. Ever since the refusal she has been skiing on weekends and days off school with her parents. It is still her favorite sport. I learned more about my classmate and why she likes skiing.



NAOMI ROYER

Learning about Emma

By: ML

When I was interviewing Emma I learned a lot about her. I learned that she likes many sports but her favorite is soccer because she feels like she can be herself, when she's with her team. I learned that she likes to go on vacation a lot because she likes to be in hot places like when she

went to Mexico but her favorite place to go is Europe because there are a lot of ancient things new and old. Finally I learned that her beloved dog passed away on the 25th of February because she started getting sick on the 24th and when she woke up her mom told her she had passed away. It was very fun interviewing Emma because I learned more about her.

Becoming a journalist

By: EC

I got to interview my friend Gilbert, to get to know him better. What I learned when I was interviewing him was that he listens to his favorite music called Hope to Gain Hope when he is sad. He also really likes Augustus Gloop in Charlie and the Chocolate Factory because he finds him really funny. He feels closer to

that character than any other because they both love chocolate. He doesn't like to eat healthy because junk food in his opinion is way better, which I find really strange. He would eat chips for the rest of his life if he could. The doritos are his favorite. "They are the best," he said. I had a lot of fun interviewing Gilbert because I got to learn new things about him that I didn't know about.

Swimming with Camelia

By: JR

Camelia Tremblay is a young girl fascinated by swimming, because of her mother. When Camelia was younger she adored swimming in her pool in Florida. She started swimming at one-year-old in Florida on her first trip. Though at that time she didn't think to get into competitive swimming as she is now. One of her biggest dreams is to get

onto international teams. In swimming Camelia needs to wear a black bathing suit with a turquoise logo of her team in the middle. Camelia's swimming pool is at the Centre Aquatique De Cowansville. Now Camelia is captivated by swimming and gets better every day. Interviewing Camelia was a pleasure because I got to know more information about her favorite sport and hobby.

This project has been made possible by the Community Media Strategic Fund offered jointly by the Official Language Minority Community Media Consortium and the Government of Canada.

EDITORIAL

Social isolation or over-crowded housing and an increase in substance abuse amplify the fragile mental health of stressed individuals facing an uncertain future.

Collateral damage of COVID-19: Rising rates of domestic and social violence

By Vivek Venkatesh
UNESCO co-Chair in Prevention of Radicalisation and Violent Extremism; Professor of Inclusive Practices in Visual Arts, Faculty of Fine Arts, Concordia University

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Professor, Division of Social and Cultural Psychiatry, McGill University

David Morin
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As the COVID-19 pandemic enters its second year, evidence continues to grow that an unequal burden of illness and death has fallen on marginalized people. At the same time, the collateral damage of a year of shutdowns and confinement — including economic difficulties, social isolation and mental health problems — disproportionately affects racialized communities.

Reports show an increase in domestic violence and possibly in child maltreatment during the pandemic. This is partially due to decreased access to protective family and social networks as well as school resources.

Further reports show an increase in discrimination towards minorities, as well as a rise in hate speech and tensions that target racialized groups. Several violent incidents, including

the mass shooting in Atlanta, have targeted Asian people.

Increased risks and lowered resiliency

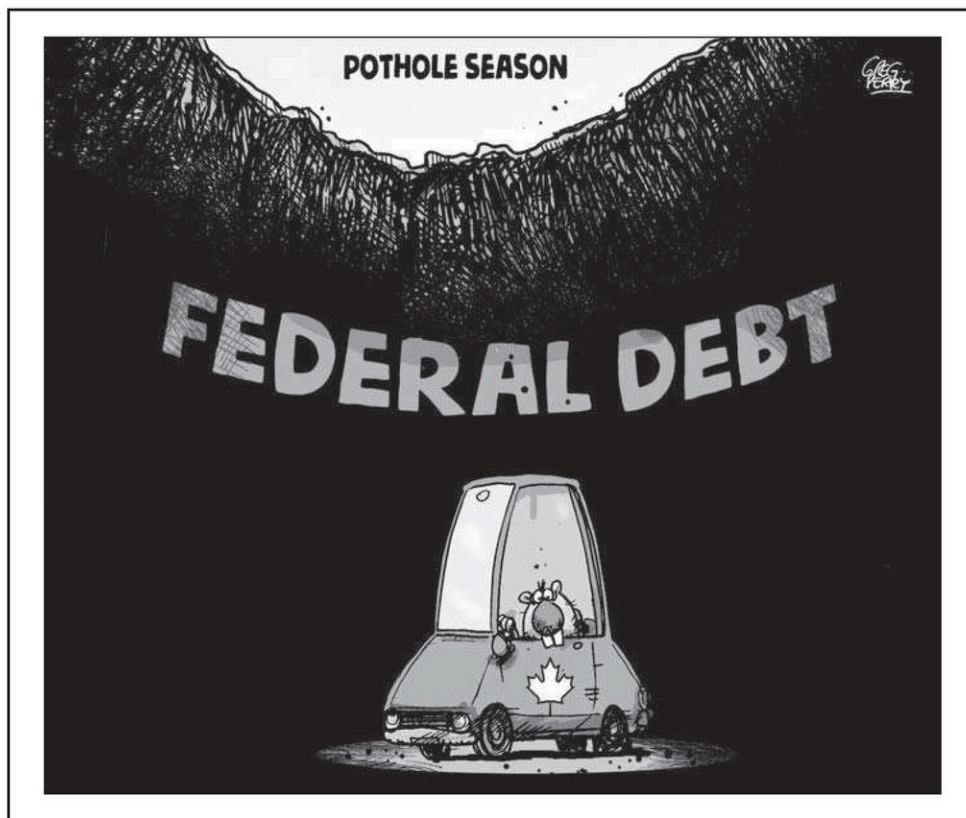
Our team of interdisciplinary psychiatrists, psychologists, social scientists and education specialists has focused on assessing the social and cultural impact of COVID-19 on marginalized Canadian communities. Our results suggest that the pandemic has not only decreased resiliency for individuals as well as communities, but has also simultaneously increased risk factors for violence.

For example, two key approaches to prevention — lockdowns and travel restrictions — have been topics for increasingly divisive political discussion. Meanwhile, there has also been growing anxiety surrounding economic uncertainty during the pandemic. Both of these factors have increased social polarization linked to race.

The rapid online spread of conspiracy theories assigns blame to specific minority groups for the present crisis. Elsewhere, economic and social consequences of the pandemic are adversely affecting people who earn lower incomes.

Social isolation or over-crowded housing and an increase in substance abuse amplify the fragile mental health of stressed individuals facing an uncertain future. These factors are also occurring in increasingly polarized political contexts such as the recent insurrection at the Capitol, which in turn increased the odds of inter-group violence.

These phenomena are not unique to North America and Europe, with examples of organized violence by the



public followed by state-led retaliatory action on the rise worldwide. Threats to civil liberty to enforce public health measures and control protest or dissent have exposed unaddressed, underlying grievances of systemic discrimination and fuelled sentiments of global injustice.

Applying the lessons learned

Public health policy can weigh the risks and benefits associated with potential COVID-19 transmission, with the effects of shutdown and confinement on specific groups such as racial minorities. While pursuing control of the COVID-19 pandemic protection via vaccination programs, now is the time to promote a public health perspective based on human rights that emphasizes the interconnected roles of social policies, education and the media.

Lessons learned during the first wave of the pandemic can inform the plans for lifting lockdowns and restrictions, as well as approaches to prevention and resilience as the pandemic continues. These should include the issue of social and interpersonal violence prevention. Consultation with community organizations, faith-based communities and other local

groups in advance of lockdowns being lifted can inform decisions about which groups are most in need of protection as restrictions lift.

Research on prevention of different forms of violence reveals approaches that can help reduce discrimination and behaviour based on prejudice. These approaches include analyzing all perspectives before arriving at judgments and learning how to empathize with those who are less fortunate.

An important role for health and education professionals is to advocate for Indigenous and racialized peoples experiencing the marginalizing consequences of the pandemic, such as its potentially damaging impact on their mental health. This advocacy may help preserve basic needs such as access to health care as well as social and community services and decrease psychological distress and reduce violence.

While working to curb the current wave of the pandemic, governments and health systems can be better prepared than they were for the first wave. Beyond the physical health impact of COVID-19 on society, the related interpersonal and social violence can be devastating, and require immediate attention.

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Patrick Marleau set to break Gordie Howe's record for most NHL games played

The Canadian Press
With files from Donna Spencer

Patrick Marleau said he received many congratulatory messages, from former teammates to the legendary Wayne Gretzky himself, as he approached eclipsing the great Gordie Howe's record for NHL games played.

He talked about one message in particular, from Gordie's son Mark. The younger Howe said his dad would have been proud to see his record broken by another player from his home province of Saskatchewan.

The 41-year-old Marleau was set to suit up for the 1,768th time Monday, setting a new mark for NHL longevity, when the San Jose Sharks faced the Vegas Golden Knights.

"It's something that I'm pretty proud of, me being from Saskatchewan and Gordie being from Saskatchewan," Marleau, who hails from the small rural community of Aneroid, said before the record-setting game. "It's a pretty cool connection.

"Part of the message that Mark gave to me yesterday was that it's kind of fitting that I am from Saskatchewan, and that (Gordie) would be very proud of me breaking the record tonight, being a small-town farm boy from Saskatchewan."

Marleau's wife Christina and four sons are scheduled to be at the road game, which wouldn't be possible in San Jose, where fans still aren't allowed during the pandemic.

"My wife, I couldn't have done it without her over all these years," Marleau said. "She's by far my biggest supporter.

"I can't thank her enough and I can't thank the boys enough."

Since being picked second overall in the 1997 NHL draft by San Jose, Marleau has notched 566 goals and 630 assists. Apart from two seasons with the Toronto Maple Leafs and eight games with the Pittsburgh Penguins, Marleau has spent the rest of his career with San Jose.

Marleau said by his fifth year in the NHL he had an idea that he would be in for a long professional career.

"You've had some good years, you've

played a number of games, but you're starting to feel you're getting a really good grasp on the hockey lifestyle and what you need to do to be successful," he said.

Told that the Golden Knights had spoken in glowing terms about Marleau's achievement before the game, the veteran Sharks forward said he was humbled.

"It's super special to have that respect, and to have guys say such kind words," Marleau said after a pause. "you battle with these guys day in and day out. They know the grind. They know what it takes to play in this league. And for them to show their respects and have all these kind words, it's very humbling."

Flames winger Milan Lucic, who was set to be honoured Monday night at the Saddledome for reaching 1,000 career games, marvelled at Marleau's mark.

"Pretty awesome," Lucic said. "It goes to show how durable and great of a player he's been since he entered the league in '97.

"When you hit a thousand, you think back on how long and how hard it is to get to this mark. And then you add on another, what is it 760? That's another nine, 10 years there."

Calgary coach Darryl Sutter, who was Marleau's first NHL coach with the Sharks, said setting the NHL games record is more than a testament to Marleau's durability.

"Well, there's four or five things (that) obviously go into (the record)," Sutter said.

"Number one you'd say longevity, but you'd have to say professionalism, training, healthy, play two positions, great attitude, great work ethic, not playing just for the money, playing because he loves the game. All those things go together.

"It's just going to get added onto. Anyone who breaks Gordie's record, not including WHA games, it's significant."

Marleau also helped Canada win two gold medals at the Olympics in 2010 in Vancouver and 2014 in Sochi.

Howe also played an 419 games in the World Hockey Association, which don't count toward his NHL record.

Some kids aren't doing well. Helping them with their homework by videoconference can do them good.



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AP PHOTO/TONY AVELAR

San Jose Sharks center Patrick Marleau (12) works for the puck against Anaheim Ducks center Danton Heinen (43) during the second period of an NHL hockey game Wednesday, April 14, 2021, in San Jose, Calif.

Datebook

TUESDAY, APRIL 20, 2021

Today is the 110th day of 2021 and the 32nd day of spring.

TODAY'S HISTORY: In 1902, Marie and Pierre Curie isolated the radioactive element radium for the first time.

In 1946, the League of Nations officially dissolved.

In 1999, two gun-wielding students killed 12 fellow students and a teacher at Columbine High School in Littleton, Colorado.

In 2010, a gas explosion and fire killed 11 people on the Deepwater Horizon oil rig in the Gulf of Mexico, beginning an oil spill that would not be capped for several months.

TODAY'S BIRTHDAYS: Adolf Hitler (1889-1945), German dictator; Harold Lloyd (1893-1971), filmmaker; Joan Miro (1893-1983), painter/sculptor; Lionel Hampton (1908-2002), jazz musician; Tito Puente (1923-2000), jazz musician; George Takei (1937-), actor; Ryan O'Neal (1941-), actor; Steve Spurrier (1945-), football coach; Jessica Lange (1949-), actress; Luther Vandross (1951-2005), singer-songwriter; Crispin Glover (1964-), actor; Andy Serkis (1964-), actor/director; Carmen Electra (1972-), actress.

TODAY'S FACT: England sent criminals to Australia for forced labor and isolation from society well into the 19th century.

TODAY'S SPORTS: In 2008, Danica Patrick won

the Indy Japan 300, becoming the first female driver to win an IndyCar race.

TODAY'S QUOTE: "When I stand in front of a canvas, I never know what I'm going to do – and nobody is more surprised than I at what comes out." – Joan Miro

TODAY'S NUMBER: 63 – points scored by Michael Jordan of the Chicago Bulls against the Boston Celtics on this day in 1986, setting an NBA playoff record that still stands. The Bulls lost 135-131 in double overtime and eventually lost the first-round series, while the Celtics went on to win the championship.

TODAY'S MOON: First quarter moon (April 20).

Should exercise gain require pain?



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

Dear Doctor: In fitness circles, one often hears the saying, "No pain, no gain." But isn't pain the body's way of warning one to back off? Do you really need to push yourself to the point of pain for a good workout?

Dear Reader: You're correct on both points. The idea of "No pain, no gain," which actually dates back to the second century, became widely accepted as

an exercise mantra at the start of the 1980s. That's when Jane Fonda's exercise video empire brought aerobics to the masses. (People of a certain age may also remember "Feel the burn," another popular phrase of the era.) And yes, the sensation of pain is part of the body's alert system. It instantly lets us know that something, somewhere, is amiss. Elite athletes and hardcore fitness enthusiasts may continue to adhere to the "No pain, no gain" way of training. However, when the goal isn't breaking records or winning medals but rather the pursuit of good health, we think that a more moderate approach works best for the rest of us. When having this conversation with our own patients, we always refer to the part of the Hippocratic oath that states, "Do no harm."

Note that when people talk about pain in relation to exercise, they're actually referring to discomfort. It makes itself known in the burning sensation you feel in the muscles or lungs during exertion, and the fatigue that sets in when you push your limits. The burning occurs because your muscles' need for oxygen exceeds the supply delivered in the blood; when that's the case, they switch from aerobic to anaerobic activity, which doesn't require oxygen. This leads to the formation of lactic acid, a byproduct of anaerobic respiration. The longer and harder you work while generating energy anaerobically, the greater the lactic acid buildup, and the greater the burn.

Discomfort might also mean the stiffness and aches in muscles and joints that many people

experience a day or two after a particularly vigorous or sustained workout. The delayed soreness is the result of microscopic tears in the muscles and nearby connective tissues.

The gain part of that discomfort is two-fold. The accumulation of lactic acid plays a role in increased blood flow to the muscles, which helps with increased strength and endurance. Delayed soreness is believed to be a side effect of the healing process. It occurs as muscles repair themselves, and emerge stronger than before.

Outright pain should never be part of your exercise routine. If you ever feel a sensation that goes beyond discomfort and firmly into the realm of pain – anything that's sharp, stabbing or sudden – it's a sign that something's wrong. Stop what you're doing so you don't cause more damage. The same goes for post-exercise soreness or pain that becomes extreme enough that you are unable to lift or use a limb. You need to stop that activity until you've fully recovered, or else risk injury.

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.)



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RICHMOND

Tea & Talks online! May 11th at 2pm online on Zoom. A social afternoon for seniors in the greater Richmond/Danville community to get together. And talk! Tell a friend to make it double the fun. If you have never attended a Zoom meeting before, we can help you get it set up. RSVP: Alice Weare at (819) 826-5488 or by email to richmondclc@etsb.qc.ca.

ZOOM

CHEP Video Conference: Wednesday, April 21, 2021 from 10 a.m. to 11:30 a.m. "The Expanding Role of your Community Pharmacist". Online conference through zoom; phone-in option available. To register, contact: Lisa Payne (lpayne@townshippers.org) or Vanessa Asselin (va@townshippers.org). Sponsored by Townshippers' Association.

Wales Home News



By Rebecca Taylor

March, 2021 - It's hard to believe that March is now behind us. It was a month of reflection for many as we marked the one-year anniversary of the pandemic. However, despite what is happening, the Wales Home team put together another special month for its residents. We are pleased to announce that a few volunteers have reintegrated into our home including volunteer visitors and piano music on the CHSLD units with Debbie Knowles-Johnston.

Employees and residents enjoyed sugar on snow on the 11th. Residents received individual visits for their birthdays. Gifts and cards were provided by The St. Andrew's Church Women.

This month we saw decorations

change from St. Patrick's Day to Easter. Throughout the home we also enjoyed weekly movies and programming on our internal television system. Some of our activities included bingos, exercises, trivia, Friday afternoon treats, one on one visits, brunches, and to celebrate International Women's Day, we offered 'spa' activities with special treats for the ladies. Virtual concerts in celebration of St. Patrick's Day were offered by Lou Simon's and Laurent Hubert and France Thibault. In the CHSLD some of our activities included bowling, bean bag toss, colouring and disc toss. Door-to-door 'Friday Treats' continue to be distributed every week which the residents look forward to. The warmer weather offers a number of residents more opportunity to enjoy the outdoors which has been boosting spirits.

Although the pandemic is still upon us, we are doing our best to keep residents active and as fulfilled as possible.

Welcome to Audrey Lowe, Violet Thorneloe and John Walker. Our sympathies are extended to the family and friends of David Ryan, Marcel

Wilson, Vera Armstrong, Margaret Stevens, Betty McConnell, and Agathe Morel.

If you are looking for more information, you can visit our website at www.waleshome.ca and Facebook page at <https://www.facebook.com/ResidenceCHSLDWales> for photos and news updates.

Regulations change quickly but currently primary caregivers are permitted to visit so each resident has the chance to see two of their family members or close friends (one per 24-hour period). We are also offering video conferencing to allow the residents the opportunity to socialize with their loved one's face to face. Continue to watch our social media and website for more details and we'll publish another account of the home's activities next month. We look forward to seeing more flowers bloom around the Home. As a workplace, as a community, province, country, and world, we continue to fight this pandemic. Together, we can, and we will succeed. Until next time... wishing you all a terrific month.

About to blow

Dear Annie

TUESDAY, APRIL 20, 2021

Dear Annie: I've been married for 26 years. I have a 24-year-old son at home on the autism spectrum, and his 4-year-old daughter, of whom he has full custody. They get by with my help, and money, of course.

I have always been a very loving and supportive husband. I cook, clean, do laundry and whatever else needs to be done. I'm getting older now and developing arthritis. For a while, I would push through the pain to pamper my wife. Now, when we sit down, she throws her leg on me and says, "Rub my feet." I didn't mind when she appreciated it, but now that she expects it, this ruins it for me. If I say no, she gets upset.

When I try to talk to her about it, she turns it back on me and says that I shouldn't blame her for my problems. She said that since I've been doing it so long, she just expects it. This is not very comforting. She said, "Why don't you have some alone time and do something that makes you happy?"

For 26 years, I've never had alone time. I go to work, and then go home to my family. If I tell my wife I want to go somewhere by myself, she assumes I'm going to meet another woman. Plus, after 26 years of only thinking about my family, I have no clue what makes me happy. I just know I'm not. - Resentment

Dear Resentment: No one likes to feel unappreciated. Your wife ordering you to rub her feet sounds like she is acting more like a tyrant than a considerate, loving partner. Then again, you have allowed this reign of terror for quite some time.

Instead of brewing like a little teakettle that is going to blow, just tell her exactly how you feel. It is understandable that her lack of appreciation has made you not want to do nice things for her, but you have to tell her that. Couples therapy could help ease this conversation, so that pent-up resentments could be dealt with calmly.

Dear Annie: I read with interest the letter from the 63-year-old mother whose children felt she was wasting her money by going back to school and finishing her degree. I dropped out of college to put my husband through school when his father became ill and could not help him financially anymore.

After four children, two of whom got college degrees, I decided to go back to college and finish my degree. I chose to major in accounting.

I graduated cum laude at the age of 56. It took me seven months to get the job of my dreams, but after eight years of working, my husband and I were able to pay everything off, accumulate a great nest egg, and now we can travel wherever we want. Better yet, our

children don't have to worry about taking care of us if things were to get bad.

Our children would not have dared to tell me I was making a mistake, even though my husband had a nice pension in addition to Social Security. I don't know what this woman's situation is, but she is making a great choice to go for what she wants. I hope she finishes what she started. - Happy I Went Back to College

Dear Happy I Went Back: Thank you for sharing your letter. You set a wonderful example that it is never too late to fulfill your dreams and that taking risks can pay off. Congrats again. In addition to the financial security that you have achieved, you have the knowledge that you acquired by going back to school.

I am reminded of a family saying: "You can lose your money, your looks and your youth, but no one can take away your education."

"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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Fig.16

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Math solves problems



CELEBRITY CIPHER

by Luis Campos

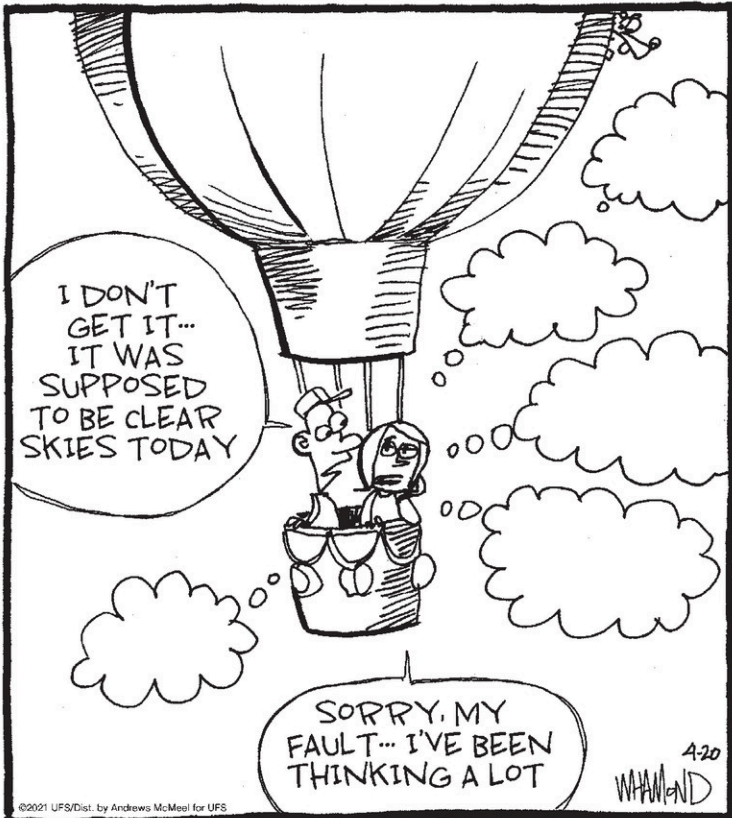
Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" G M N W I Y Z S M P V L E P E A G N N G Z S M P W L
A S E N B M F M P D I E D Y P W W E M N Y S G X M ,
J E C V C U Z E G P Z W E M L W S M P Z Y P Y D
D E S C V . " — Z Y E S Z Y W M R Y G

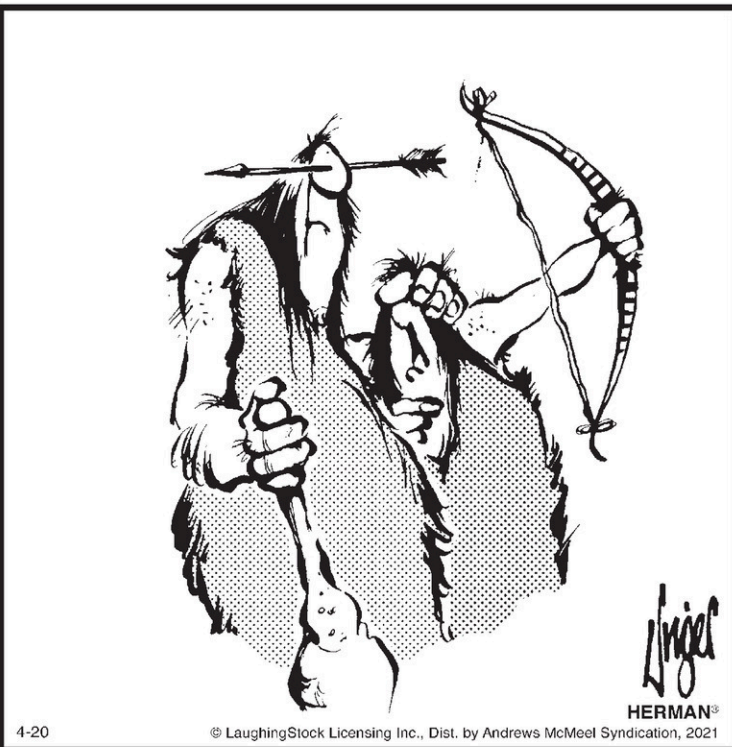
Previous Solution: "My great hero is Billie Holiday, and I've always wanted to do an album of standards with a piano-led quartet." — Tim Curry

TODAY'S CLUE: f equals B

REALITY CHECK

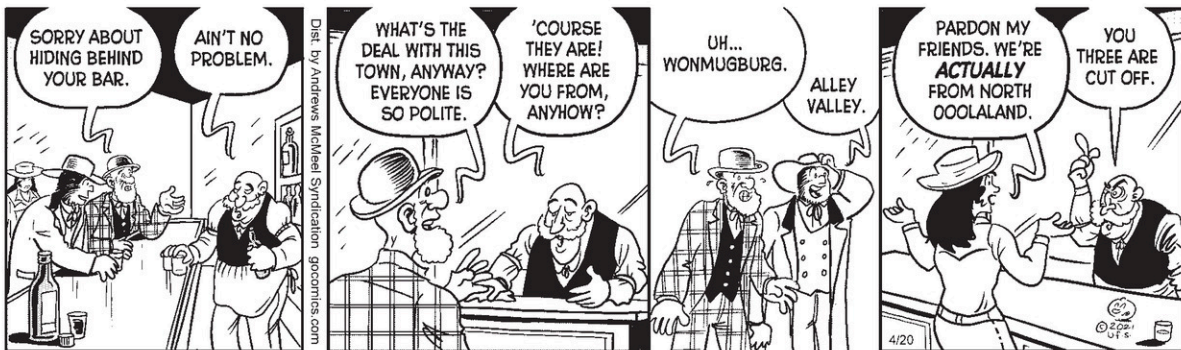


HERMAN



"I've still got a few wrinkles to iron out."

ALLEY OOP



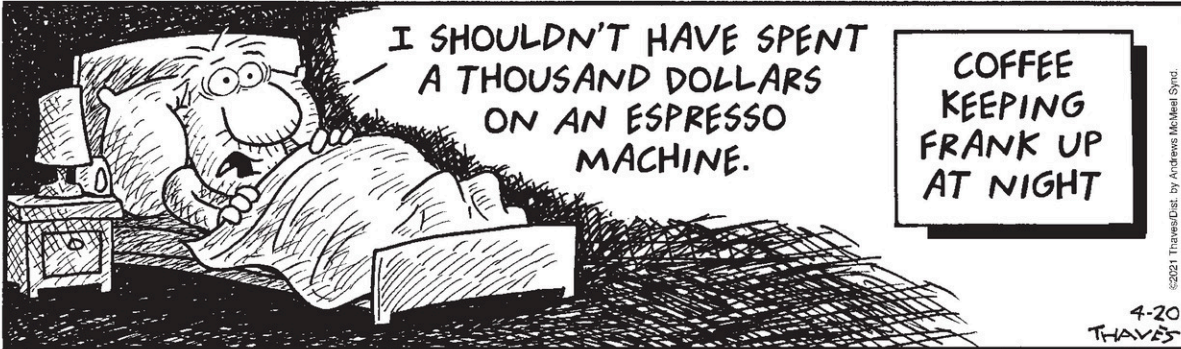
ARLO & JANIS



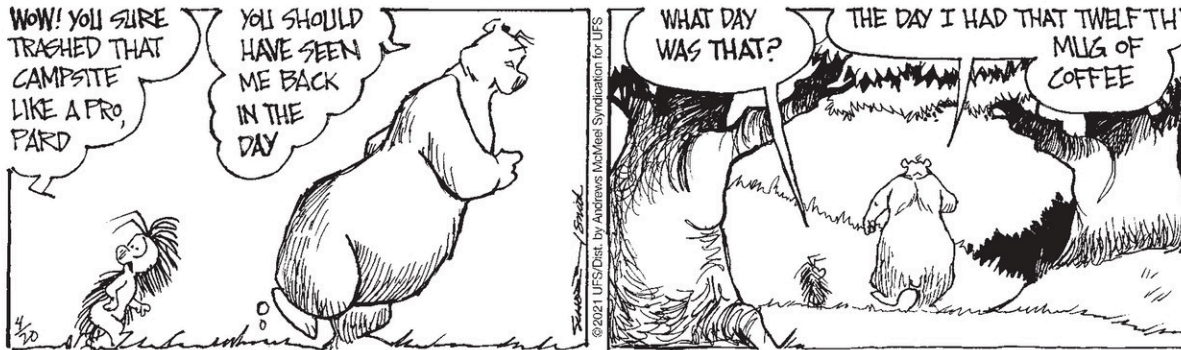
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3 things parents should teach their kids about money

(NC) Parents have a key role to play in teaching their kids about money and helping them develop good money habits early. Knowledge, skills and confidence when managing money will help young people throughout their life and will contribute to stronger financial well-being as adults.

When your kids reach their teen years, focusing on money matters becomes even more important. Here are a few things you can teach them:

1. Sending and accepting money transfers

Treat e-transfers like cash, because they cannot be cancelled once they have been deposited. When sending an e-transfer, your teen should make sure to:

- send money only to someone they know and trust, because some scammers may try to get money by e-transfer in exchange for goods, services, or a prize;
- choose a security answer that someone cannot easily guess;

- safely share the answer with the recipient. This means do not share it in the email notification message.

2. The importance of protecting personal financial information

It may be tempting for your teen to download and use a third-party fintech app to help manage their finances like their student budget, get rewards or check their credit score.

Here are some general principles you can share with them.

It's their responsibility to keep their personal financial information confidential. Sharing personal financial information could mean that no matter what security features the app has in place, the financial institution may hold them responsible for any losses resulting from unauthorized transactions.

3. The importance of reading bank account

agreements

Bank account agreements contain important information, such as fees for certain types of transactions and the steps that your teen must take to protect themselves from authorized use of their account. For example, it's important that your teen read their bank account agreement to know what fees are associated with each type of transaction, such as e-transfers.



BATH SAFETY WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

BATH SAFETY WORD SEARCH

BATHROOM
 CAUTION
 CHAIR
 EQUIPMENT
 FALLING
 FAN
 GRAB BAR

HANDLE
 HAZARD
 HELP
 ILLUMINATION
 INJURY
 MATS
 MOISTURE
 RENOVATION
 SAFETY

SEATED
 SHOWER
 SPA
 TILE
 TOILET
 TRIPPING
 TUB
 VENTILATION

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

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

4/20

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PREVIOUS SOLUTION

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

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

NEA Crossword Puzzle

Your Birthday

TUESDAY, APRIL 20, 2021

Answer to Previous Puzzle

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

- ACROSS**
- 1 Aswan, e.g.
 - 4 Heavy metal
 - 8 Kitchen worker
 - 12 Hagen of "The Other"
 - 13 Shaft
 - 14 Prospector's quest
 - 15 Beaded shoe
 - 16 NBA officials
 - 17 Unlock
 - 18 Accuses
 - 20 Of crucial importance
 - 22 Trucker's haul
 - 23 Peace Prize city
 - 26 Steeds
 - 30 Tarzan companion
 - 32 Actress — Sedgwick
 - 35 Sense of hearing
 - 36 Bombay nanny
 - 37 Banshee's cry
 - 38 Boxing's greatest
 - 39 Friends
 - 40 Sound of deep thought

- 41 Maintenance
 - 43 Line of stitches
 - 45 "Frozen" snowman
 - 48 Merchandise ID
 - 50 Mild acid
 - 52 Fastened securely
 - 55 Drama award
 - 57 King, in France
 - 58 Con
 - 59 Tattered
 - 60 401(k) cousin
 - 61 Tiny fly
 - 62 Go slowly
 - 63 Big flap
- DOWN**
- 1 Like some errors
 - 2 Coral formation
 - 3 Port near Hong Kong
 - 4 Rio Grande town
 - 5 Alimony getters
 - 6 Sitcom ET
 - 7 Workstation
 - 8 Gluts
 - 9 Comics caveman
 - 10 Shelley offering

- 11 Purview
- 19 Taj —
- 21 Daughter of Hyperion
- 24 "Lost Horizon" role
- 25 Fall birthstone
- 27 Cut grain
- 28 Polio vaccine inventor
- 29 Great Lakes port
- 31 Codgers' queries
- 32 Elec. measure
- 33 Orange veggies
- 34 Frosty coating
- 36 Crunchy snack
- 41 Ballpark fig.
- 42 Time of the mammals
- 44 Taxpayer's dread
- 46 Courtyards
- 47 Long, narrow inlet
- 49 Sheepfold
- 50 Puts on the radio
- 51 Aloha, in Rome
- 52 Addition to a story
- 53 Motel of yore
- 54 Flight board info
- 56 Glamorous wrap

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If you spend too much time pondering over what to do, you will miss out on some valuable opportunities. Domestic matters, once resolved, will give you the freedom to adopt your lifestyle of choice. Make peace of mind a priority. Stick to the unfiltered truth.

TAURUS (April 20-May 20) – Listen carefully. Giving others the chance to explain themselves will make it easier for you to keep the peace. Take the high road, and you'll have no regrets. Personal growth will lead to better decisions.

GEMINI (May 21-June 20) – Your curiosity will get you into trouble if you don't abide by the rules and regulations. Think twice before you get involved in something questionable. An impulsive move will limit you.

CANCER (June 21-July 22) – Money will be tight if you haven't saved for an unexpected expense. Don't feel you must buy someone's love or purchase things for others. Keep your life simple and moderate, and live within your means.

LEO (July 23-Aug. 22) – Mixing business with pleasure will put you in a vulnerable position. Don't share personal information or give anyone insight into your feelings. Time is on your side; for now, gather information.

VIRGO (Aug. 23-Sept. 22) – Listen and observe, and you will gain insight into what others want. Fine-tune your message based on what will be accepted by the majority. There is no need for risk if you choose your words wisely.

LIBRA (Sept. 23-Oct. 23) – Take on a challenge, but don't make cash dona-

tions or place a bet. Investments and joint ventures will not turn out as anticipated. Focus on self-improvement, fitness and expanding your knowledge.

SCORPIO (Oct. 24-Nov. 22) – You'll have trouble making up your mind. When in doubt, go back to the drawing board and do your research. Find a fresh angle on something you want to pursue.

SAGITTARIUS (Nov. 23-Dec. 21) – Take the high road, do what's right and steer clear of joint ventures. Put your money and possessions somewhere safe. Verify any information you receive before passing it along.

CAPRICORN (Dec. 22-Jan. 19) – Take care of personal and family matters yourself. Don't let anyone meddle or take advantage of your vulnerability. Personal improvements will lift your spirits. Romance is in the stars.

AQUARIUS (Jan. 20-Feb. 19) – Rethink your plans, with the lessons of experience in mind. Don't give in to someone playing mind games. Someone will make an unexpected move; don't let it fluster you.

PISCES (Feb. 20-March 20) – Do the best job possible, apply for a new position and update your skills and qualifications. Consider what you can do, and make a positive attempt to reach your goal.

ARIES (March 21-April 19) – Be bold, share your thoughts and feelings, and bring about changes that will make it easier for you to follow your heart. An adjustment at home will encourage you to be more productive.

TUESDAY, APRIL 20, 2021

What was that inedible edible

By Phillip Alder

Yesterday, I mentioned Ben Fogle's book, "English – The Story of Marmite, Queuing and Weather" (William Collins). Were you wondering about Marmite? It is a yeast extract that is nearly black in color and is spread on toast or hot bread fresh from the oven. I really like it. Once, a customs inspector at JFK was interested in it, so I offered her a taste, but she declined, the coward! You can probably find a small jar in your supermarket – look for a bright, yellow-colored lid. (There is an Australian version called Vegemite, but it is a very poor cousin.)

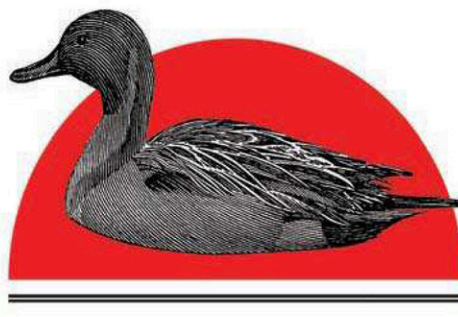
The oldest world bridge champion was Boris Schapiro, who won the Senior Pairs in 1998 when 89 years old. His partner was Irving Gordon from Scotland. They scored a cold top on this deal.

Two hearts showed opening values with hearts and either minor. Three clubs was an inquiry. North's first double indicated clubs; his second, extra values. South ran to four spades, but when doubled, retreated to the better fit.

A diamond lead would have been lethal, but West chose a heart. Schapiro ruffed on the board and played a trump to his queen and West's ace. Again, a diamond shift would have been effective,

North				04-20-21
♠	A K J 10			
♥	—			
♦	K 6 2			
♣	K 9 7 4 3 2			
West		East		
♠	8 6 4 3	♠	7 2	
♥	K 7 6 5	♥	A Q J 8 4	
♦	Q 10 7 4	♦	A J 9 3	
♣	A	♣	10 8	
South				
♠	Q 9 5			
♥	10 9 3 2			
♦	8 5			
♣	Q J 6 5			
Dealer: East				
Vulnerable: East-West				
South	West	North	East	
Pass	3♣	Dbl.	3♦	2♥
Pass	4♥	Dbl.	Pass	
4♠	Dbl.	Pass	Pass	
5♣	Dbl.	All Pass		
Opening lead: ♥ 6				

but West thought from the bidding that South had four spades (so no discards) and was worried that he had the diamond jack. So West switched to a spade. South won, drew the missing trump and ran the spades, discarding a diamond loser. Schapiro lost only one trick in each minor.



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Are you a bookworm? Brome Lake Books marks Canadian Independent Bookstore Day

BCN Staff

Canadian Independent Bookstore Day (CIBD) is on April 24 and Brome Lake Books is highlighting the occasion with special prizes and appearances from six local independent authors in their storefront.

Each and every sale made at Brome Lake Books either as an online order, by phone or in person will win a chance to spin the prize wheel with prizes like soap from Savonnerie de L'Estrie, Virgin Hill coffee and Robin Badger pottery. There also will be discounts, gift cards and a bookseller's choice wild card.

Each sale wins a chance to spin but Brome Lake Books encourages everyone to be safe and order from its webpage, by giving them a call, or by sending them an email.

There will also be special markdowns, which will be listed on the webpage at <https://www.bromelakebooks.ca>, and a \$100 Brome Lake Books gift card is up for grabs to anyone who posts a 'nice' comment about authors, books or bookstores on Facebook or Instagram and tags Brome Lake Books or the Canadian Independent Bookstore Association. Brome Lake Books will also accept hand-drawn pictures from young booklovers. Any post made before April 25, the day the winner will be announced, will be entered.

CONT'D ON PAGE 2

Coopérative Le terroir solidaire supports local producers and makes buying local possible



COURTESY

Members of Coopérative Le Terroir Solidaire work together to support one another and their local community in making good food choices

By Taylor McClure
Special to Brome County News

Coopérative Le terroir solidaire is an agricultural cooperative that brings together producers from Brome-Missisquoi that are committed to sustainable and ecological production and providing quality products for the

region. The cooperative was established in 2017 after local producers came together to discuss the issues they were facing when it came to the marketing and processing of their food.

Rather than depend on an industry where agricultural services and infrastructures are being taken over by large cooperations, these producers

decided to find support in one another by establishing a cooperative that would help them invest in what they needed and continue to expand their businesses.

"The cooperative started in 2017 but it had been the brain child of a couple of producers for about a year before that," said Kristen Gingera, founding

CONT'D ON PAGE 3

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Brome County Community Bulletin Board

CHURCH BULLETINS

ALL SAINTS ANGLICAN CHURCH – DUNHAM

Sunday services at 10 a.m. – all welcome! The Reverend Sinpoh Han. Information: 450-295-2045.

ANGLICAN PARISH OF BROME

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

BEDFORD PASTORAL CHARGE OF THE UNITED CHURCH OF CANADA

Joint Sunday worship service via Zoom is available in partnership with Emmanuel, Cowansville. Sundays at 11 a.m. (For details, see Emmanuel United Church.)

Church office: 450-248-3044; email: bedford.pastoral@yahoo.ca

CREEK/WATERLOO PASTORAL CHARGE

Church worship services are available

on Facebook Live for the foreseeable future. Please contact the Rev. Dave Lambie for virtual pastoral care. Creek United, 278 Brill Rd., West Bolton, St. Paul's United, 4929 Foster, Waterloo, Reverend Dave Lambie, minister. For information or to leave a message call: 450-539-2129. Sunday Service is available for now on Facebook Live through the page of none other than Dave Lambie.

EMMANUEL UNITED CHURCH

There are signs of renewal and life everywhere. Thanks be to God for Easter Life, Hallelujah! Join us at the joint Zoom live service from the church sanctuary each Sunday at 11 a.m. Youth worship begins on Wednesday, April 21 and the weeks following from 4-5 p.m. outside when possible. The link for Zoom is in our weekly Friday newsletter. Contact the church office to sign up. For our Bible Study please let us know your interest and we will advise you on the schedule. Minister: Rev. David Lefneski, 450-955-1574. Church office: 450-263-0204; email: capchurchoffice@bellnet.ca

ÉGLISE CATHOLIQUE ST. ÉDOUARD CATHOLIC CHURCH

Our 10:30 a.m. Sunday Mass has resumed as we adhere to the strict protocols established by the Quebec Public Health Department. Thank you for your understanding. For more information, call: 450-263-1616 or visit the website <http://unitedesvignes.org>

GRACE ANGLICAN CHURCH

Grace Church Sutton now meets online on Sunday mornings at 10:30 am. Everyone is invited to join in. For an invitation, please email the Rev. Tim Smart at revtimsmart@gmail.com or go our Facebook page for the Sunday link. We are on Facebook at "Grace Church, Sutton".

KNOWLTON-MOUNTAIN VALLEY PASTORAL CHARGE

Join us on the Facebook Church group 'Knowlton-Mountain Valley Pastoral Charge' for weekly Sunday services. Knowlton United Church, 234 Knowlton Road. For information please contact Rev. Steve Lawson at 450-242-

1993.

ST. PAUL'S ANGLICAN CHURCH

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

TRINITY ANGLICAN CHURCH

In conformity with government recommendations, church services are suspended on a temporary basis. Trinity Anglican Church members are now using Bell Conferencing Services to maintain contact with each other. If a special need arises, you are invited to contact the church office 450-955-3303 and please leave a message.

Brome Hall rummage sale a success, garage sale set for next weekend

By Louise Smith

Over \$3,000 was raised over two days of transactions at the rummage sale at the Brome Hall, located at 330 Stagecoach Road in Brome Village, which is home to the Brome Fair grounds. Many customers came in and found unusual treasures at the rummage sale held on last Friday and Saturday. The ladies of the Brome Hall were very pleased with the results. It took a lot of time to get everything organized but it was well worth it.

This coming Friday and Saturday, April 23, and 24, the garage sale will be

happening. The opening hours on Friday are 1 p.m. to 6 p.m. and on Saturday it will be held from 9 a.m. to 3 p.m. There will only be one rack of clothes, mainly leather jackets, and then there will be sports equipment, kitchenware, toys, books, some furniture, and too many items to list. Everything must go as the renovations in the hall will be starting later this spring and there is no room for storage.

The committee wishes to remind everyone that masks are obligatory and no children are allowed to come to the sale.

Right: The ladies of the Brome Hall Committee were very pleased with the sales of over \$3,000 at the rummage sale



LOUISE SMITH

Fordyce Women's Institute's April meeting again held via Zoom

By Louise Smith

After not meeting for a few months because of Covid restrictions, the Fordyce branch of the Women's Institutes of Quebec, has begun holding Zoom meetings for the past few months.

On Wednesday, April 7, the branch meeting happened under the guidance of Michilyn Dubeau and it was chaired by the President, Norma Sherrer. In April two members are having a birthday, Elaine Bromby, and Evelyn Lewis. Evelyn Lewis will be celebrating her 100th birthday on April 20. Evelyn was able to join the meeting on her son's computer in Kirkland and it was great to have her as part of the gathering.

It is not easy to raise funds during Covid times, but Michilyn has a special section in her store on the main street in Dunham from which proceeds from the sales go directly to the Fordyce branch.

Information on four bursaries available to Massey-Vanier graduates has been sent to Tany Moreland at Massey-Vanier. There is a branch bursary, and a county bursary, and two provincial bursaries to which students can apply.

Paulette Mahannah provided the program for this month on the importance of farming, in particular smaller farms, in the health and prosperity of all members of society. During the pandemic, the value of being able to grow food locally has taken on new meaning in the general public. Farming is staying in Paulette's family. Her daughter is a farmer and her granddaughter, Laurie Campeau, recently received an award in farming from McDonald College on the west island of Montreal.

If meeting outdoors is once again allowed, perhaps the May meeting will be held at Davignon Park. Otherwise, it will be another Zoom meeting.

Bookworm

CONT'D FROM PAGE 1

To show its support for local independent authors, six Eastern Townships authors will take turns setting up shop in the window of the bookstore.

Well known former Record journalist Maurice Crossfield will be finishing up his second novel *Borderline Truths*. Knowlton Players playwright Roger de la Mare will be starting something new as he has just finished a novella called *A Gift for Charlie*. Historical novelist Meghan Redmile will be working on her third novel but will it be set in her signature period of the 30s? Poet and fashionista, Sheryl Taylor, will be working on her memoirs. Storyteller and lawyer Peter Turner will be looking wistfully out the window as he has just finished his new novel *Linebound*. A man with experience working at all levels of Canadian politics, Peter White will be working on his memoirs.

Due to the pandemic, Brome Lake Books is not encouraging crowds to gather and watch these authors work. Instead, Record feature photographer, Ben McAuley, son of Brome Lake Books

owners Lucy Hoblyn and Danny McAuley, will be posting photos and videos on Facebook and Instagram of the authors at work.

Authors, illustrators and publishers from all across Canada will be getting together to mark CIBD and they will be offering drawings for prizes and personal virtual events for individuals who make purchases at independent stores on the day.

You could win a \$500 gift card to your local independent bookstore, donated by Penguin Random House of Canada, or you and two of your closest friends could win a virtual tea party and book discussion with historical fiction writer Genevieve Graham, donated by Simon & Schuster Canada. A virtual classroom visit by author of the Lucy Tries sports series, Lisa Bowes, donated by Orca Book Publishers, is also on the table. There are over 18 different prizes to be won.

Visit www.cibabooks.ca for more details about how to take part in Canadian Independent Bookstore and the prizes that available.

Le terroir solidaire

CONT'D FROM PAGE 1

member of Le terroir solidaire and pasture meat producer at Cheeky Creek Farms.

After getting together to discuss some of the issues they faced, which included lack of transport for their goods and lack of artisanal butchers, they knew that things needed to change. "We asked ourselves what it would be like if producers pooled their resources and invested in the infrastructures needed for our services."

They decided to adopt the cooperative model with a board of directors made up entirely of local producers. "The cooperative is owned by the members and operated by the members," explained Gingera. "It's a producer cooperative and we offer our services to the community to support production."

Le terroir solidaire started off with eight members and they immediately began holding meetings to discuss what they needed and how they could grow their businesses. "The goal with the cooperative was if we are all having the same problems, what can we do to solve our own problems."

A major issue brought up at these meetings was the marketing of producer's products. "Farmers markets all happen on the same day and producers can't split themselves to go to all of the markets. There is more difficulty in reaching our customers. We don't sell enough at the market to justify hiring an employee."

That winter, Le terroir solidaire organized its own kiosk at the Sutton winter market that carried all of the different products of its members. "We had a rotating schedule for members in the coop to volunteer to do different markets. We split up members to be able to do more than one market."

Le terroir solidaire ended up doing six different markets in its first year which allowed members to get their products out to the community on a vaster scale and the coop to make important investments in equipment,

like a new freezer and a fridge.

A certain percentage of the profits generated from sales goes back into the coop and a certain percentage goes back to the producer. "Any profits that are generated become profits of members and we decide together where to invest it."

Gingera emphasized that an important aspect of establishing the coop was to help make its members more profitable. "It's a goal for the coop to make a profit to continue to invest in our members businesses or returning it to members so that they can be more profitable in the end."

Gingera explained that it is hard for a small, ecologically responsible producer to maintain their production in an industry that is continuously being taken over by large corporations. "When you have giant corporations that own 99% of agricultural services, you are at the mercy of a system that isn't stable and no one is at that mercy of that system more than the farmer."

Le terroir solidaire continued to grow and it went from eight to 18 members before the COVID-19 pandemic hit Quebec last year. "We weren't certain if the public markets would happen or if they did happen they wouldn't be looking the same at all. We quickly decided to set up a website to do orders online. It's a need that members want to fill and we set up an online platform where orders can be placed and delivered to customer's homes."

Launching the website appeared to be the right decision, with produce selling out and coop membership jumped from 18 members to 29 members.

Despite new members joining the coop all the time, Gingera said that they have standards for who they welcome into Le terroir solidaire. "We established a Charter of Values that focuses on regenerative farming practices. We want products that are truly local and sustainable. Members have to abide by certain production



COURTESY

standards."

For example, meat producers are expected to have animals that are pastured and grazed and vegetable farmers need to be cautious about the pesticides they use and cover their crops for biodiversity.

These standards are set in place because Le terroir solidaire is not only about helping the producer, but also about helping the consumer to make better food choices. "People think that what they are buying isn't a big deal but they do make a big impact. Businesses have doubled their production and they still can't meet demand because people are making that choice and buying more local. We want people to understand that there are local options."

She added that supporting local producers is like a 'trickle effect.' "Purchasing from the coop supports 30 local businesses that then go and purchase their ingredients from other local businesses, and so on. It's such an impactful decision."

Le terroir solidaire already has a project

in the works for this summer after applying for a grant. "We worked all winter on grant applications for a food transformation project. One hundred per cent of the ingredients come from Brome-Missisquoi and it focuses on surplus and transforming them. It's a secondary revenue source and it helps producers waste less," explained Gingera. "We set a list of products that we can create, like personal frozen pizzas or soup from carrots that weren't sold. We have a chef that will be creating, freezing, and hydrating products."

And of course, it wants to increase its visibility in the community, they are at the point where they need full time employees at the summer market's, and continue to support its members and customers. "It's a solution owned by members that they can be proud of and make a real difference."



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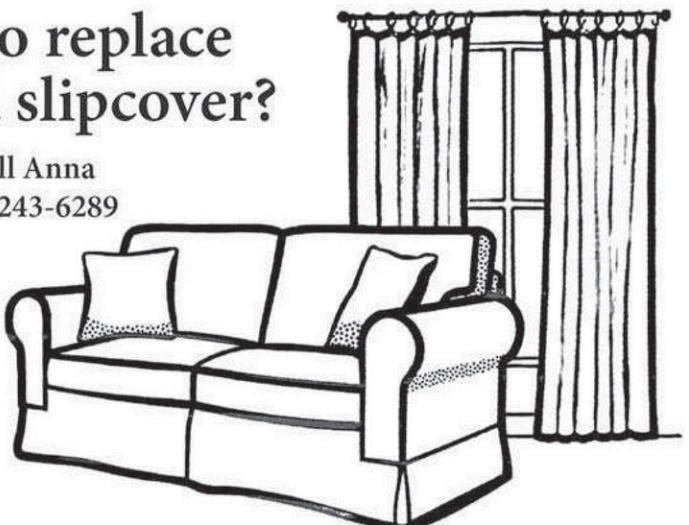
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COURTESY

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LETTERS

Car wipers

DEAR EDITOR:

On vehicle maintenance regarding wipers that should be replaced every 6 months to a year.

In this era of empowering people about helping our planet, I find that kind of advice far from being durable. Of course in that kind of article, we can see the car parts industry pushing to sell more wipers. Just try to imagine if every driver in Brome-Missisquoi was doing as suggested, twice a year they would throw away almost 100,000 perfectly good wipers. How big a pile is that?

The durable and wise way to address poor performing wipers is to take care of them by wiping the rubber blades twice a year with rubbing alcohol and a soft rag. I do that and both my vehicles have 5-year-old wipers that perform as new ones would. When the blade can't be restored anymore, no need to throw away the whole wiper if it's not rusted or in bad shape. On many wipers, all you need is a new rubber blade insert.

For the sake of our planet, could you please pass on this info to your readers. Thank you.

JEAN GAUDET

Brome County News welcomes your letters to the editor. Please limit your letters to 300 words. We reserve the right to edit for length, clarity, legality and taste.

Please ensure there is a phone number or email where you can be reached, to confirm authorship and current town/city of residence. Names will not be withheld but the address and phone number of the writer are not published, except by request.

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Ben in Focus



BEN MCAULEY

Flowers are opening, but will we?

Evelyn Beban Lewis celebrates turning 100 on April 20!

By Louise Smith

Amazing Evelyn Lewis has turned one hundred! She now lives with her son, Michael, in Kirkland, but up until just two years ago, she lived on her own in Cowansville. And up until her departure from Cowansville, she would write a monthly feature in the



Sherbrooke Record about the Fordyce branch of the Women's Institutes of Quebec.

Evelyn taught at Heroes' Memorial School, and after her retirement she volunteered for about twenty years to teach music to the Kindergarten classes. When she was a teacher at Heroes' she brought in a huge old bathtub that students loved to have an opportunity to get into with a book. When she retired, she left it to Barbara Dunn, who then passed it on to Marlene Forster. Evelyn taught with Gloria Miller and when she passed away, Evelyn set up a year-end award in her name for students who show perseverance despite hardships. She also set up an award in honour of her husband, Ed Moynan Lewis. Evelyn was also one of the founding members of the Heroes' Memorial Bursary Fund, which has handed out many bursaries over the years to former students of Farnham Elementary and Heroes'

Memorial.

Trinity Anglican Church was her home church when she lived in Cowansville. She was a very active member and was a vital component of the church.

Evelyn is still a member of the Fordyce branch of the Women's Institutes of Quebec. She meets via Zoom from her new residence in Kirkland. Evelyn was nominated and then was chosen as the Woman of the Year from all the nominations from Women's Institutes across Canada in 2020!

Evelyn is also still a member of the Cowansville Chapter #17 of the Order of the Eastern Star. She has held many positions within the chapter and at the provincial level over the years.

Amazing, remarkable, generous, loving, dedicated. These are just a few of the words needed to describe Evelyn Beban Lewis. May she have many more birthdays to celebrate! She has received

many cards and letters from many who know her and who admire her. It is a very special birthday indeed.



PHOTOS BY LOUISE SMITH

Brome County NEWS

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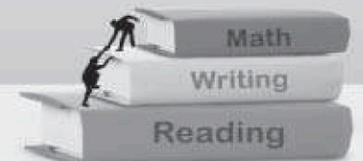
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Cégep de Granby focuses on research ethics

BCN Staff

Nathalie Bouchard, research advisor at the Cégep de Granby, in collaboration with partners from the college community, received a grant from the Secrétariat sur la conduite responsable de la recherche du Canada (SCRR) to develop a workshop on the ethics review of student research.

A team composed of Bouchard, Marie Briand from Cégep de Jonquière, Marie-Chantal Dumas from Cégep Garneau and Lynn Lapostolle from the Association pour la recherche au collégial, will be designing an online ethics training activity intended to be held on Sept. 23 and it will be offered across Canada.

"The support and expertise of the Association pour la recherche au collégial is essential to the realization of this project and to the support of the partner colleges," said Bouchard.

Each year, colleges offer pre-university and technical courses in which professors introduce thousands of students to research.

According to the press release, while these are educational activities, it is important that the research conducted by college students be guided by ethical principles, such as respect for

people and their well-being.

"Through teaching, students will be immersed in ethical principles, which is part of their training as citizens. These are principles that can be found in other fields, for example in administration, health or education, and which will serve them throughout their lives," explained Vincent Larose, Director of Studies at Cégep de Granby.

"Society must do everything possible to ensure that research involving human beings is done ethically in order to preserve public trust. The responsibility of evaluating the ethics of student work must be shared," explained Bouchard.

When a researcher is looking to study a particular topic or issue, the project must first be submitted to a research ethics board (REB). The REB protects the participants of the research by ensuring that ethical rules are respected.

Cégep de Granby's REB was established in 2018 by its board of directors and it examines the ethics of each research project involving humans, weighing its advantages and disadvantages, before granting authorization to begin the work. In the case of research activities that are part of a course and whose primary purpose is pedagogical, however, the REB may



COURTESY

Members of the research ethics board at Cégep de Granby from left to right : Jérôme Bourassa (Physics), Sylvie Croteau (Chemistry), Marie-Josée Turgeon (President), Nathalie N. Bouchard (Coordinator), Frédéric Dulac (Philosophy) and Chantale Tremblay (Psychology). Serigne Touba Gueye (philosophie) who is not pictured.

delegate the review to the faculty.

"This project is a very good example of inter-institutional collaboration and a much-awaited initiative by our REB, which will give us the appropriate

tools to further our training and information mandate in the area of research ethics," said Marie-Josée Turgeon, Chair of the REB at Cégep de Granby.

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Elementary school teacher helps children fall in love with nature

By Taylor McClure
Special to Brome County News

Melissa Mason has been working at Knowlton Academy (K.A.) since the start of the 2020-2021 school year and this summer she is looking to take her experience in the classroom to her family's farm where she will have a bilingual day camp for children between six and 10 years old.

Taking note as to how much her kindergarten class enjoy their Forest Friday outings at K.A., Mason wanted to provide children with the opportunity to get back to nature this summer all while taking advantage of the farm that has been in her family for two decades.

"Every Friday we go to the woods in back of Knowlton Academy and it's very child-driven. They do what they want to do; some of them like running down the hill all day, we play hide and seek, we build forts, we identify bugs and plants," said Mason. "I really love doing it. I want to bring what I've seen and how happy those kids are. I want to bring that to the summer and give them the opportunity to go with that."

Aware that other day camps exist in the area, Mason's day camp will be

unique, providing children with the chance to engage with nature on a farm that has been in her family for more than 20 years.

"I have such a beautiful spot for them to go out and play and I have animals. With Covid, everything is so hard and I thought about doing something outdoors so that kids don't have to worry so much," explained Mason. "So many kids are stuck inside nowadays and Covid made it so there's nothing to do on the weekends and we spent all winter locked up. This way, kids get to go out and remember what it's like to play outside. They are learning to love to play outside, to love nature, and to explore the world around them."

Mason's grandmother purchased the farm where the family had a cow barn up until her father transformed it into a horse barn. "Since then we have had all kinds of horses there. We had draft horses for my whole childhood that we used in shows and for sleigh rides and wagon rides at home. Summers we were there all the time swimming in the pond."

As a teacher, she recognizes that not every child gets to have an experience growing up surrounded by animals



COURTESY

and the outdoors which she hopes will only make it that much more exciting.

"I will have horses to play with, bunnies, and I'm hoping to get chickens to collect eggs. I am big on art so I want to give them crafts to do. I want to plan things whether outside, in the woods, or we use the hay mounts and do some crafts for part of the day," said Mason. "Some kids live in apartments or they haven't been around animals or farms so I thought that it would be special. It gives them a little piece of the country."

The vast property gives a lot for children to explore. "We will defiantly go out and walk the horses. There are creeks on the property to explore and we have a pond so we can go frog-hunting and fishing. It's all just about being outside."

She also plans on bringing children to explore the woods to identify different bugs, trees and plants, getting them involved in different science projects, painting, arts and crafts, yoga, and dance. "I love making them do science experiments, like making our own bubbles, doing art with water and paint and using nature to make art. I think that's really cool. I really want the kids' input too about what they're interested in and I'll go with that."

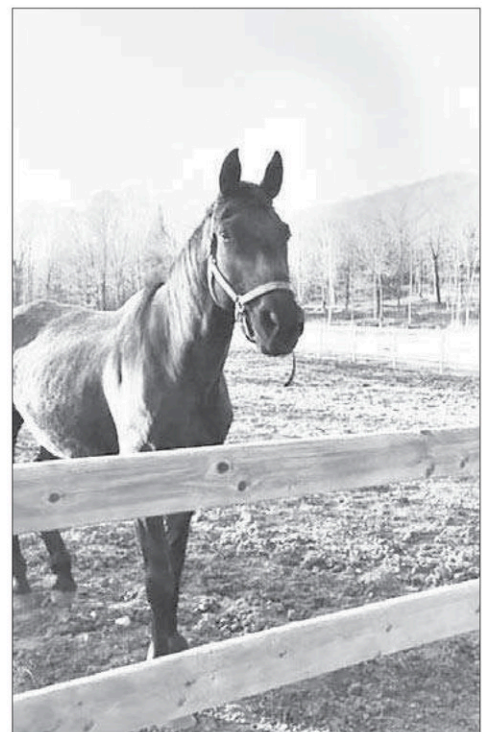
While the farm provides a lot of opportunity for fun, Mason emphasized that the day camp will be a balance between play and education. "The fact that I'm a teacher gives me background, so I can teach them along the way. Kids don't get to do whatever they want when they are here. They are here to learn and to grow together in a way that's playful and with a chance to explore."

She wants children to leave the day camp with more knowledge than they came with. "I want them to come out of the summer camp having learned something about the world around

them and about themselves. There are no mind-numbing activities, I want to engage their minds and get them thinking outside the box."

Mason will have the help of a friend with experience working on a horse farm working with the children and she hopes that other members of her family will be involved. "I love being home and near my family and that's why I love the farm. It's a place to gather and I can always go back there and my family is there."

The summer day camp will start on July 5 and run to Aug. 20 with 15 to 20 spots available and it will be bilingual. "All the kids need is to come with their healthy lunch, I'll make them a morning snack, and I'll be the one buying the materials. They should bring extra clothes too because they should plan on getting dirty."



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New family literacy programming available

We often hear that a parent is a child's first teacher. That can be daunting for new parents, especially since those early years are busy, and families are juggling a lot of responsibilities. Add to that the extra stress during COVID, and young families are feeling stretched.

Parents want to do the best they can for their children. However, they may not always feel equipped or confident, or know where to start. Parents certainly don't need another to do list to add to their family routine.

The Yamaska Literacy Council (YLC) and the Eastern Townships School Board (ETSB) have teamed up to offer family literacy activities for families with children (0-5 years) that are accessible, fit naturally into a family routine, are fun and FREE.

YLC and ETSB are partnering to offer 2 programmes:

YES, YOU CAN

Yes, You Can is a series of a series of 5 interactive 60-minute workshops for English-speaking parents and their child(ren) aged 0-5 years that starts on May 3rd. The workshops offer tools to help

parents and children be ready-to-learn! Each workshop will include a story time, a creative time and a relaxation time...and of course good times! The workshops will be led by Sonia Baillon, teacher and yoga instructor.

"It's so important that early learning activities be fun and creative and that they meet the child where they are at developmentally so that the experience can be a success. Success builds on success, so supporting parents in their child's early education is really beneficial. Very young children learn a great deal through movement and their five senses in a safe and supportive environment. In fact, studies have shown that movement anchors learning, for all ages. Positive emotions and making a personal connection play a big part in harnessing attention, so cultivating a nurturing and enjoyable family reading routine supported by practices that help both children and parents feel calm and centred is the key to success!" says Sonia Baillon.

Each family that registers will receive a free Yes, You Can bag (delivered to you!) that contains:

the book that will be featured each week

the materials for the craft

local resources for families, and information about educational opportunities for adults

a gift card to a local grocery store so that you can enjoy some health snacks during the workshops.

Workshops will be virtual, and they will be recorded, so you can watch them again at their convenience. If you don't have access to Internet, YLC will find a way to help you access the sessions.

Who can join? English-speaking parents, grandparents and caregivers of children 0-5 years, residing in Brome-Missisquoi & Haute-Yamaska.

How do I join? Email Sonia at ylc.yesyoucan@gmail.com or call YLC at 450-263-7503

Parent Workshops

A series of workshops aimed at addressing needs identified by parents with young children will be offered, including: Stress & Anxiety, Resilience and Helping your Child overcome Challenges. Details will be shared as soon as all workshops are confirmed. Workshops will

be held virtually and will be recorded.

For more information about these workshops, follow the Yamaska Literacy Council on Facebook, call us at 450-263-7503 or email info@yamaskaliteracy.ca

The Yamaska Literacy Council, a community-based literacy organization, welcomes many parents who sign up for literacy services when their own children are ready to start school. "Having children can be a big motivation for parents to reflect on their own experiences. Maybe they struggled with learning, or didn't have a positive experience at school. We often hear from parents that they want to support their child at school, and that they don't want their child to struggle like they did", says Wendy Seys, YLC Executive Director.

If you have questions about the activities, or about pursuing your own learning path, contact, YLC for info. We can connect you with local resources.

For more information:

Wendy Seys, Executive Director, YLC 450-263-7503, info@yamaskaliteracy.ca

Submitted by Yamaska Literacy Council

Deuxieme Tir Au But, the "Second Time Around" store, has a new location

By Louise Smith

Cory Sylvester had his business on Albert Street for three years. He needed to expand, and a new location was found in the mini mall complex that houses the Lucky Dragon Restaurant on rue Principale. In the old location he could only have one customer at a time because of the small space and now five customers at a time can enter the premises. The store is well laid out and the prices are exceedingly reasonable.

Cory accepts donations of sporting equipment and now he is expanding to include some furniture. He is accepting donations during Covid times. He can be reached at 450-531-4975.

The store's operating hours are

designed to cover everybody's work schedule. It is open on Wednesdays to Fridays from 9 a.m. to 2 p.m. and Saturdays from 9 a.m. to 5 p.m. and Sundays from 9 a.m. to 4 p.m.

Right next door to Deuxieme Tir Au But, at 350 rue Principale, suite 145, is Coiffure Spectrum, owned by Tonya Harvey. Her hair salon is suited for the whole family. She also offers hair services for people with special needs, mainly people with autism, ADHD, and for people with mobility issues. They even offer services for those who cannot get out. Coiffure Spectrum's goal is to adapt as best as possible its services to meet individual needs.

Right: Owner Cory Sylvester is very happy in his new expanded premises.



LOUISE SMITH



Fig.16

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We all want to know more about COVID-19 vaccination



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

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

When did the vaccination campaign start?

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

Order of priority of recipients of COVID-19 vaccines

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

What supply strategy was used to acquire the vaccines?

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

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



What types of COVID-19 vaccines are being studied?

There are three types of vaccine currently being studied.

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

Will an mRNA vaccine alter our genetic code?

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

How do COVID-19 vaccines work?

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

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

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

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

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

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

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

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

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

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

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

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

Why are two vaccine doses required?

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

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

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ABOUT TOWNSHIPPERS

Considering a career in health and social services? We can help you!



By Michelle Lepitre

services plays an important role in keeping our communities healthy and safe.

This experience has certainly encouraged many people to start thinking about a career in health and social services... and that is great news. The world could always use more helpers. And if you are one of these people, or you know someone who is, then we have even better news for you!

Until May 7, Townshippers' Association is accepting applications for the 2021-2022 Dialogue McGill Health and Social Services Community Leadership bursary program. Through this program, Townshippers' Association will distribute bursaries to selected bilingual students from the Townships who are studying full-time in the fields of health and social services. To learn more about the categories and eligibility criteria for these bursaries, see the details below or visit the Dialogue McGill page on our website: <https://townshippers.org/mcgill-bursary-program>.

and be pursuing full-time university, college, or vocational studies within their home region. Category 2 applicants could receive up to \$5,000 per year for university studies, up to \$2,500 per year for college studies, and up to \$2,000 per year for vocational training studies. In return, these students agree to work in their home region for at least one year for each bursary they receive.

To learn more about the Dialogue McGill Health and Social Services Community Leadership bursaries or to receive the application forms, contact Maggie Severs: msevers@townshippers.org. The deadline to submit your application to us is Friday, May 7, 2021, so don't delay!

Save the Date for Townshippers' Association's Annual General Meeting

This year, Townshippers' Association's Annual General Meeting will take place on Friday, June 4. We invite you to save the date! Since the format of the event will respect the public health measures in place at the time of the event, details will follow closer to the date.

This monthly column keeps you in touch with Townshippers' Association's activities and news. Other ways to keep in touch:

Online:
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[Twitter @Townshippers](https://twitter.com/Townshippers)

In person:
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Category 1 – Students studying outside their home region

To apply for a category 1 bursary, students must: have lived in the Eastern Townships for at least 2 years, be bilingual, and be pursuing full-time university or college studies in a recognized health and social services program at an institution outside their home region. These students could receive up to \$10,000 per year for university studies, or up to \$5,000 per year for college studies. In return, they agree to work in their home region for at least one year for each bursary they receive.

Category 2 – Students studying within their home region

To apply for a category 2 bursary, students must: have lived in the Eastern Townships for at least 2 years, be bilingual,



PHOTO BY THIRDMAN FROM PEXELS

If someone you know is studying full-time in a health and social services program in a government-recognized educational institution, they could be eligible to receive a bursary worth up to \$10,000 through the Dialogue McGill Health and Social Services Community Leadership Bursary Program.

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In memoriam donation gives BMP hospital new breath

BCN Staff

The Brome-Missisquoi-Perkins Hospital Foundation (BMP Foundation) acknowledged the generous donation received from the Lalonde and Goldhar families in memory of their mother, Danièle Janin-Trudeau, who passed away on July 30, 2020. The families donated \$13,500 which allowed

for the purchase of various new pieces of equipment for the Brome-Missisquoi-Perkins Hospital's (BMP Hospital) Respiratory Therapy Department.

Thanks to their donation, the BMP Foundation was able to fund the entire acquisition of new equipment that will facilitate the work of the respiratory therapists at the BMP Hospital, including a mechanical cough assist device, an Aeroneb device, a professional intervention cart for massive blood transfusions, an infusion pump (Perfusor Space), and storage accessories for the new equipment.

The mechanical cough assist device is designed for adult and pediatric patients suffering from neuromuscular impairment and having difficulty clearing their airways adequately. The addition of this device allows for faster management of patients with bronchial congestion reducing complications of respiratory infections and decreasing the length of hospitalization.

The Aeroneb device is for patients requiring invasive or non-invasive mechanical ventilation. They will be able to receive regular aerosol therapy using this equipment.

The addition of the intervention



Aeroneb device



Mechanical cough assist device

cart for massive blood transfusions allows the respiratory therapy and nursing team to intervene in a safe and ergonomic manner in the operating room while the infusion pump assists in the administration of intravenous medications easing

the workload on nursing staff.

The donation also provided 19 hours of training for department staff in the use of the cough assist device and the AERONEB device.

The new equipment has been in use since the start of March 2021.



Infusion pump (Perfusor Space)

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BEHIND THE LENS DARREN MURPHY

I know a few fellow photographers who become discouraged when they head out in the field and come up empty. I can attest that spending eight hours at a certain location and seeing nothing is in fact frustrating, but perfectly normal. When I first got into wildlife photography, I would often visit a swamp on McGowan Road in Georgeville. I loved this place as there was always different species of ducks, blue herons, turtles and a beaver family residing there. The ducks were special as they would always be passing through, so you would see on a regular basis Pintails, Mallards, Golden eyes and my favorite, the Wood Duck. I was told one summer that a White Egret had been spotted in this bog, so I immediately gathered my gear and headed out for a day long excursion. I

found myself a place by the shoreline with good cover and began my day. Seven hours later all I had to show for my patience was a decent photo of a Kingfisher! So I can understand why many photographers become discouraged but hey, it's all part of the game. I keep telling myself if it was easy, everyone would be doing it.

Luckily there is an alternative for those who haven't had a great deal of luck in the field. My preferred place is the Ecomuseum in Saint-Anne-De-Bellevue. It showcases Quebec's wildlife in a natural setting. It's a great way to spend the day alone, or with the family. On your walk through the forest, you'll see Red and Arctic Fox, Canada Lynx, Gray Wolves, Eastern Coyotes, River Otters, Black Bear and dozens of other mammals. They also feature birds of prey, namely four species of owls (Great Horned, Barred, Snowy and Northern Hawk) Bald eagles etc. For the beginning photographer, it's a place to really hone your skills. You can shoot your subject in a natural setting, the trick is to capture your mammal or bird without background objects such as fences or even other visitors. Equipment-wise the magic here is you can use virtually any decent lens as your subject is relatively close. I suggest bringing a monopod or tripod to assist in getting a clearer photo. I prefer monopods as they are much easier and lighter to carry. I've

visited this nature reserve many times over the past fifteen years. When I started doing wildlife photography, it really helped me understand the inner workings of my camera. I quickly understood the importance of depth of field, shooting parameters, shutter speed and bracketing. I was able to take a pic, check it in my viewfinder, then make the necessary adjustments. I can't begin to emphasize how much easier it was when I was back out in the field now that I understood my camera much better. The Ecomuseum is roughly an hour and fifteen minutes from Lac Brome and well worth the trip for both photographers and wildlife enthusiasts.

For those willing to travel even further, there's also Parc Omega in Montebello Quebec. Much like the Ecomuseum, this is a walk-through zoo as well only much larger. Some really great photo opportunities here, especially the arctic and grey wolves. I can pretty much guarantee you will not be disappointed with either outdoor zoo, both are well managed with the security and well-being of the animals is at the forefront. These are just a couple of examples, go online and you'll find many more in both Quebec and Ontario. Finally, I received a private message earlier this week asking me where to find Red Foxes to photograph. Personally, I've seen them everywhere. On back country roads, on my property,

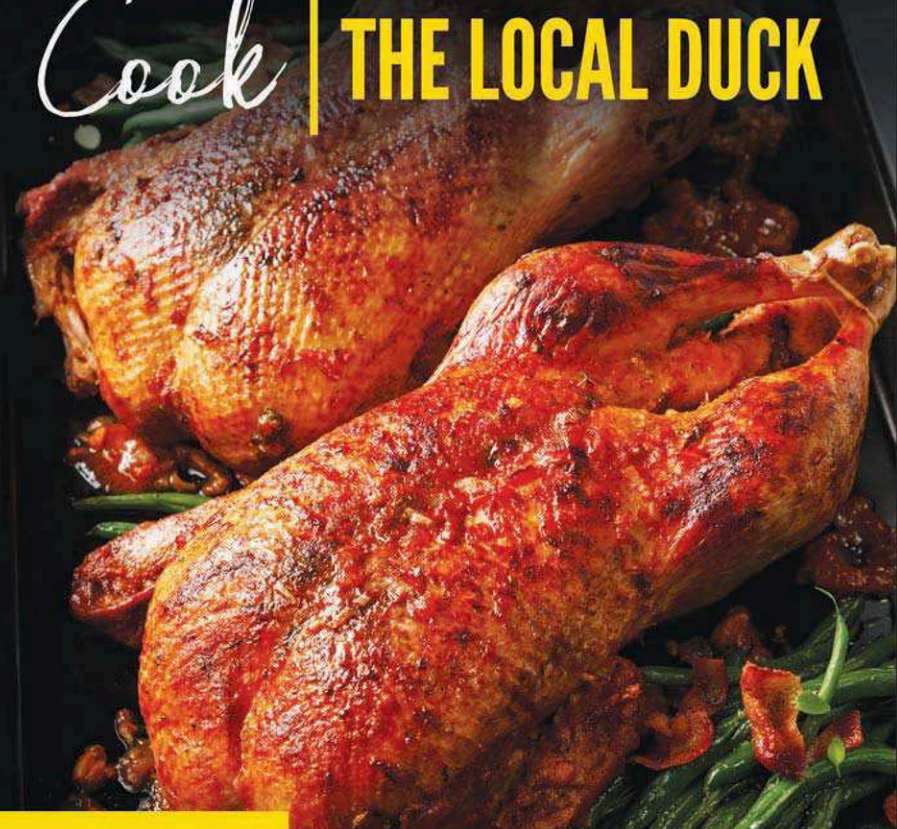
in the city as well strolling down the street. When I lived in Robinson's Bay, we had a family of foxes that would walk through our property early in the morning and return at dusk. I went out during the day when I knew they wouldn't be there searching for their den. At the very bottom of our property I discovered a huge boulder with a large entrance hole underneath. I was pretty sure I'd found the den, so I returned home and got a few things I needed to set up a blind roughly forty feet away. A perfect spot hidden by a large brush. There I waited, sure enough around 7 p.m. that night they returned. I was only able to score a couple of pics as they scurried into the den when they heard the shudder of my camera in the otherwise quiet forest. Look for these large openings in the ground, hollowed out bases of large trees and preferably near a water source. Most Red Foxes build their dens close to a stream or pond.




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Classic Italian Sub (Hoagie)

Even though making sandwiches usually does not involve any cooking, that doesn't mean layering flavors and selecting quality meats and cheeses involves any less intuition and skill. One of the most popular styles of sandwiches goes by many names, and what you call the sandwich may let others know which part of the country you call home.

Each May, people pay homage to the "hoagie," which is the name that people from Philadelphia and southern New Jersey bestow on a long, cold-cut sandwich. But these sandwiches can be enjoyed any time of year. There are many theories surrounding the origin of this sandwich's name, which is known as a submarine, grinder, hero, or torpedo in other regions. According to the food resource TheKitchn, this sandwich got its name from Italian immigrants who worked at the Philadelphia Navy Yard, which was once known as Hog Island. Workers were known as "hoggies," which eventually became "hoagies." The name soon was extended to the sandwiches these workers frequently ate.

Anyone can craft a delicious sandwich at home. Enjoy this "Classic

Italian Sub (Hoagie)" recipe, courtesy of Boar's Head®.

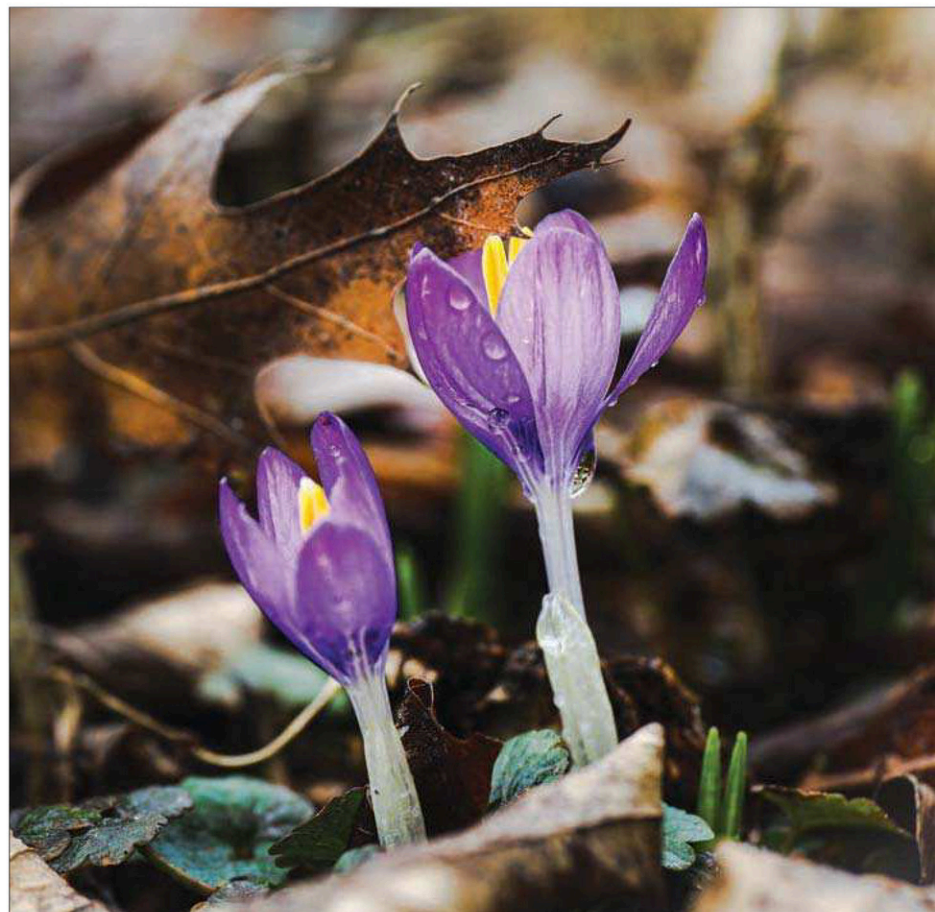
Classic Italian Sub (Hoagie) Serves 1

- 1 French baguette half, sliced lengthwise
- 2 tablespoons Boar's Head® Deli Dressing (or oil and vinegar to taste)
- 2 leaves leaf lettuce
- 6 slices tomato, thinly sliced
- 1/4 cup red onion rings, thinly sliced
- 4 slices sandwich style pepperoni
- 4 slices hot uncured capocollo
- 4 slices Genoa salami
- 2 slices picante provolone cheese, sliced in half

Place opened roll onto a work surface. Drizzle dressing onto the bottom half of the roll. Then top with lettuce, tomato, onions, pepperoni, capocollo, Genoa, and cheese. Crown with the top roll.

(Metro Creative)

Ben in Focus



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Condolences to the family and friends of the late Rev. Marian Charles, United Church of Canada, onetime minister of the Waterloo charge (1990-1998), which included Fulford United Church. She had been predeceased by her husband, Harold Charles.

The fibre optic lines have been strung along the poles in the Fulford area.

My mother remembered the Spanish flu in 1918. Having arrived in Canada in 1912 with her parents and younger sister (both little tots), my mother did not recall the voyage or settling in Verdun, but her memory included living in Rosemount when the contagion raged, at which time the family also included two sons. The victims were so ill, often they could not raise themselves off their beds, so my grandmother

prepared broth and hand-fed the neighbours, some of whom would not have understood her Scottish accent. My mother heard the church bells tolling from morning to night as mass funerals were held. There was a dire shortage of hearses, so garbage carts were cleaned and put for this use. That was an appalling thought to me, but I realize now that nothing was wasted - everything was re-used or put to other use - garbage would not have included plastic, for example, or many items we discard today. Was my grandmother not afraid, I asked? No, she had said, if you weren't afraid, you wouldn't get it. Somehow, the family escaped the illness.

Submitted by
Margaret Fordham

Strategize when ordering meal kits for one, families, picky eaters and special diets

By Tara Deschamps

For Jason Kucherawy, dinnertime requires serious organization.

The Toronto tour company owner will try anything, his wife mostly sticks with a vegetarian diet but will eat chicken and their kids' tastes are anyone's guess.

"I always have a backup plan: a pot of macaroni and cheese on the stove," said Kucherawy.

But before he resorts to the backup plan, he often uses meal kits, which offer pre-portioned ingredients and recipes that can frequently be cooked in 30 minutes or less.

While the kits make cooking simple, arranging them for a family, a solo diner or those with dietary restrictions takes strategy - something more Canadians have discovered during the COVID-19 pandemic.

Twenty-two per cent of Canadians who purchased food like groceries or takeout online in 2020 also bought meal kits, up from 14 per cent in 2019, said Vince Sgabellone, an industry analyst for the NDP Group research firm.

Almost half of Canadians who bought food online plan to purchase a meal kit in the next six months, he said.

They'll have plenty to choose from as grocery chains like Loblaws and restaurants branching out during forced closures joined the meal kit trend during the pandemic.

Kucherawy encountered a plethora of options about two years ago, when he tried his first meal kit, Chef's Plate.

He usually toggles between Chef's Plate, Hello Fresh, Good Food

and some local options, depending on which menu his kids like best or is offering savings that week.

He's found most meal kits cost between \$70 and \$80 a week for three meals of two servings each. Many services will provide meals for either two or four, which means those ordering for one or families with more than four members must do some extra planning.

While Kucherawy's family has four members, he doesn't order meals for all of them because he never knows when a picky eater will strike.

"If I were to order for four people, there's a chance that I'd be stuck with something that I would have to eat four portions of, so I generally just buy meal kits for two," he said.

He often finds two meals are enough to cover the whole family, if he and his wife each eat two-thirds of a portion and give the remainder to the kids.

If the kids aren't appetized, he cooks them something else, but if they're sure to eat a particularly successful kit meal, he stretches it with extra ingredients.

"I'll go and buy an extra chicken breast or two... and if it's a rice dish, then I'll tweak the recipe and add some more of my own rice," he said.

Becky Brauer, a co-founder of Fresh Prep, knew others with strategies like these, so her B.C.-based meal kit company sells extra servings of protein for between \$4 and \$9.

Customers can choose from options including sockeye salmon, shrimp, beef, pork, chicken, marinated tofu and even plant-based burgers or Italian sausage.

While there are meal kits geared towards kids or services that offer options just for children, the approach families take with other meal kits is often based on age.

"With a younger child like a toddler, you're OK with still just ordering a two-serving plan," said Brauer. "Then when you get into older kids or kids that need actually a portion of your serving size, we see families sort of scaling up."

Meanwhile, many who order for one embrace leftovers.

"These clients like to order the two-servings plans, so then they're cooking once, but they're eating multiple times from that meal," Brauer said.

To determine which meal kit is the best fit, Kieran Alkerton suggested using online reviews or seeking first-time order discounts, which companies frequently offer on social media or their websites.

"You can spend a good six to eight weeks just having very discounted meal kits," said the founder of Crisper Kits, a Toronto-based meal kit service that reduces waste by using reusable containers.

Alkerton recommended people with dietary restrictions or preferences use that period to examine how accommodating a service is before locking into a subscription.

Meat eaters, for example, often find they have 20 options, while those who are vegetarian or vegan sometimes only have four or five, he said.

It's also important to look closely at cost because introductory deals won't last forever.

Kucherawy pays Hello Fresh almost \$80 for three meals. Some think that's pricey, but he says the kits save on time, planning and sourcing ingredients.

"And I'm making things I wouldn't think of on my own," he said. "I can confidently say I'm a good cook now and wear my apron with pride."

(The Canadian Press)

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Today in History

Today in History for April 20:
On this date:

In 1534, French explorer Jacques Cartier left St-Malo on his first voyage to Canada. After reaching Newfoundland in just 20 days, Cartier explored the Strait of Belle Isle, which he hoped was the beginning of a river leading to China. But after exploring the desolate Labrador coast, Cartier wrote in his diary, "I believe that this was the land God allotted to Cain."

In 1792, France declared war on Austria, marking the start of the French Revolutionary Wars.

In 1798, Sir William Logan, the first director of the Geological Survey of Canada, was born in Montreal. His Yukon namesake, Mount Logan, is Canada's highest mountain.

In 1841, "The Murders in the Rue Morgue," by Edgar Allan Poe was published. It's considered the first-ever detective story.

In 1889, Adolf Hitler was born in Braunau am Inn, Austria.

In 1890, Maurice Duplessis was born in Trois-Rivieres, Que. He served as Quebec's premier for 19 years from 1936 until his death in 1959.

In 1902, French scientists Marie and Pierre Curie succeeded in isolating the radioactive element radium.

In 1907, Fort William and Port Arthur, Ont., were incorporated as cities. They merged to become Thunder Bay in 1970.

In 1910, Parliament passed a bill setting up the Canadian Navy. The bill, given Royal Assent on May 4, called for a Department of Naval Service to be administered by the Minister of Marine and Fisheries. It also called for a permanent force, a naval reserve to be called up in emergencies, a volunteer reserve and a naval college.

In 1912, the Irish-born author of "Dracula," Bram Stoker, died at age 55.

In 1945, during the Second World War, allied forces took control of the German cities of Nuremberg and Stuttgart.

In 1949, scientists at the Mayo Clinic announced they'd succeeded in synthesizing a hormone found to be useful in treating rheumatoid arthritis. The substance was named "cortisone."

In 1963, 65-year-old Montreal night watchman Wilfred O'Neill was killed by a bomb planted by a newly-formed terrorist group, the FLQ (le Front de liberation du Quebec).

In 1968, Pierre Trudeau was sworn in as Canada's 15th prime minister, two weeks after winning the Liberal Party leadership. He went on to win a majority government in a general election that was swept by the "Trudeau-mania" craze. Trudeau was Canada's third-longest serving PM, behind William Lyon Mackenzie King and John A. Macdonald.

In 1968, a Canada-U.S. expedition

led by Jean-Luc Bombardier and Ralph Plaistead reached the North Pole on four snowmobiles. Bombardier, a nephew of snowmobile inventor Joseph-Armand Bombardier, was the first Canadian to reach the Pole.

In 1972, the manned lunar module from "Apollo 16" landed on the moon.

In 1973, "Anik II" Canada's second communications satellite, was launched.

In 1982, Edmonton millionaire Peter Pocklington was held hostage in his home for almost 12 hours by a gunman demanding \$1 million. Both were slightly injured when police rushed the house.

In 1988, gunmen who'd hijacked a Kuwait Airways jumbo jet were allowed safe passage out of Algeria under an agreement that freed the remaining 31 hostages and ended a 15-day siege in which two passengers were slain.

In 1989, the Newfoundland Liberals under Clyde Wells won the provincial election, ending 17 years of Conservative rule.

In 1989, the last Canadian \$1 bill was printed by the Canadian Bank Note Company.

In 1999, the Columbine High School massacre took place in Colorado as two students, Eric Harris and Dylan Klebold, shot and killed 12 classmates and one teacher before taking their own lives.

In 2008, Pope Benedict XVI prayed at "Ground Zero," the site of the Sept. 11, 2001 terrorist attacks, and later celebrated mass at Yankee Stadium in New York, at the end of his six-day tour of the United States. It was the pope's first pontifical visit to the U.S.

In 2008, Danica Patrick became the first female winner in IndyCar history, capturing the Indy Japan 300 in her 50th career start.

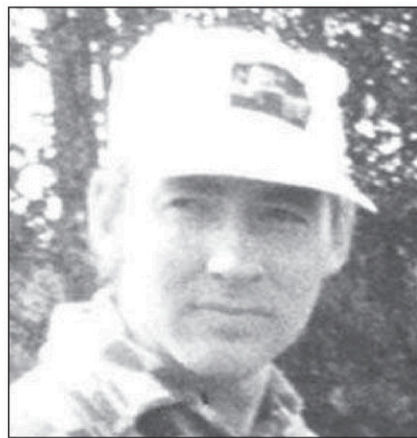
In 2009, Jamaican troops stormed a hijacked Canadian charter flight at Montego Bay airport, took the lone gunman into custody and safely released six Canadian crew members. All 159 passengers and two other crew members were able to escape less than an hour into the hijacking of CanJet Flight 918, with help of a quick-thinking flight attendant.

In 2010, General Motors Co. announced it repaid the \$8.1 billion loan-portion of the \$61.5 billion aid package it received from the U.S. and Canadian governments as it went through bankruptcy protection in 2009.

In 2010, Reynaldo Bignone, Argentina's last dictator, was convicted and sentenced to 25 years in prison for torture and kidnappings committed during the nation's 1976-1983 military regime.

In 2010, a massive explosion caused by a methane gas bubble rocked the British Petroleum-leased Deepwater Horizon offshore oil platform in the

In Memoriam



Stanley Hugh WRIGHT
April 18, 1954-April 21, 2011

*Has it really been 10 years since you left us?
You are still missed at each family gathering.
You continue to bring us joy as memories are recalled
From the mementos you left behind.*

Forever in our hearts.
JAMES, DEBBIE AND FAMILY
ROBERT, CARLA AND FAMILY



Death



Jean Blizzard-Martin
February 29, 1928 - April 13, 2021

We would like to announce the passing of our sweet Mom. We are so thankful that she died peacefully at home and that we were able to spend so much precious time with her. Forever in the hearts of her grandchildren Sarah (Steven) and Mike (Janelle), her treasured great-granddaughter, Gabriella, and her loving sisters Jet and Marg. Her sense of humour, her kindness and her compassion will be forever remembered by all who knew her. We love you Mom!

Jill (David) Judy, Mason (Liliane)

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Gulf of Mexico. Eleven workers were killed. The rig was situated 66 km from the mouth of the Mississippi River. It burned violently for nearly two days before sinking on April 22. It took BP 85 days to choke the flow of crude oil spewing from the damaged well located on the sea floor. The U.S. government estimated between 354 million to 698 million litres of oil spilled into the Gulf, making it the biggest offshore oil spill in U.S. history and the worst ever in the Gulf of Mexico. The environmental disaster killed wildlife and threatened the livelihoods of fishermen, restaurateurs, and oil industry workers from Texas to Florida forcing BP to set up a \$20-billion compensation fund.

In 2011, Sony shut down its PlayStation gaming network after a massive security breach that affected more than 100 million online accounts. It said credit card data of PlayStation users may have been stolen. It began restoring service in mid-May but did not fully restore the network to North America and Europe until June 2, after improving security.

In 2012, a Pakistani passenger jet with 127 people on board crashed into wheat fields as it was trying to land in a thunder storm at an airport near

the capital Islamabad. There were no survivors.

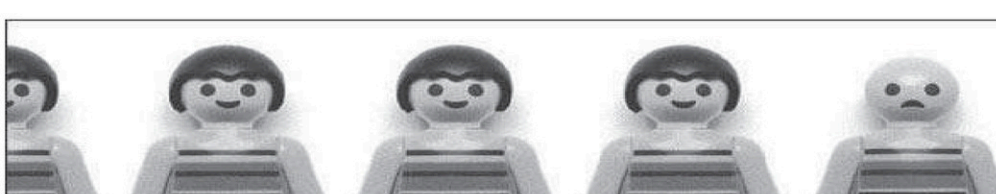
In 2014, Rubin "Hurricane" Carter, the middleweight title contender, whose murder convictions became an international symbol of racial injustice and inspired a Bob Dylan song and a Hollywood film, died at his home in Toronto. He was 76. The New Jersey native had suffered from prostate cancer.

In 2018, Arsene Wenger announced he was leaving Arsenal after 22 seasons in charge, ending the tenure of English soccer's longest-serving manager.

In 2018, a Halifax judge sentenced American Lindsay Souvannarath, 26, to life in prison with no chance of parole for 10 years, having pleaded guilty to planning a 2015 Valentine's Day shooting rampage at the Halifax Shopping Centre food court.

In 2020, a few countries started to ease restrictions and allow some businesses to reopen, but health experts warned the steps must be gradual to avoid a second wave of the COVID-19 pandemic. Germany allowed some small stores to reopen but New Zealand has extended its lockdown another week.

(The Canadian Press)



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